

Mini Ninjas

Purple Belt

Attendance 2 months minimum since last test

Fitness

- 👤 15 Jumping Jacks
- 👤 15 push-ups
- 👤 15 sit-ups

Stances

- 👤 All previous stances

Block

- 👤 Knife hand guarding block
- 👤 All previous blocks

Strikes

- 👤 Ridgehand
- 👤 All previous strikes

Form (pattern)

Number 1 & 2

Kicks

- 👤 Front leg axe kick
 - 👤 Rear leg axe kick
 - 👤 All previous kicks
- Must demonstrate balance

Self Defence

- 👤 Double wrist grab

Theory - Home Rules

- 👤 Be respectful to your parents, brothers, sisters, and pets
- 👤 Keep your room clean
- 👤 Put toys away after playing with them
- 👤 Work hard in school

