

# Mini Ninjas

## Green Stripe

**Attendance** 2 months minimum since last test

### Fitness

- 👤 25 Jumping Jacks
- 👤 25 push-ups
- 👤 25 sit-ups

### Stances

- 👤 All previous stances

### Block

- 👤 Double forearm block
- 👤 All previous blocks

### Strikes

- 👤 Pad drill number 1
- 👤 All previous strikes

### Form (pattern)

- 👤 Dan Gun – part 1 (8 movements)

### Kicks

- 👤 Hook kick
- 👤 All previous kicks

### Self Defence

- 👤 Front hair grab

### Tae Kwon Do Theory

- 👤 Keep learning the Tae Kwon Do tenets
- 👤 Movements in Chon Ji – 19
- 👤 Movements in Dan Gun – 21
- 👤 Where is Tae Kwon Do from? – Korea

