







Mini Ninjas

YEAR 1 QUARTER 1



Fitness

-  10 push-ups
-  10 sit-ups
-  10 jumping jacks




Stances

-  Attention Stance
-  Sitting Stance
-  Parallel Ready Stance

Line Work

-  Walking stance - Obverse Punch
-  Walking stance - Low Block

Pad Work

-  Double Punch
-  Double Punch, Rear Leg Front Kick
-  Double Punch, Rear Leg Jump Front Kick

Bag Work

-  Push Front Kick

Self Defence

-  Double Push to Front

Life skill:

Focus

