

# Mini Ninjas

## Brown Stripe

**Attendance**            2 months minimum since last test

### Fitness

- 👤 35 Jumping Jacks
- 👤 25 push-ups
- 👤 25 sit-ups
- 👤 10 squat thrusts

### Stances

- 👤 All previous stances

### Block & Punch Combination

- 👤 Rising block with reverse punch
- 👤 Straight finger tip thrust with palm downward block
- 👤 All previous blocks & punches

### Pad drills

- 👤 Pad drills - 1 & 2

### Form (pattern)

- 👤 Chon Ji - 19 movements

### Kick combinations

- 👤 Turning kick to spinning hook kick
- 👤 Axe kick to Jump back kick
- 👤 Hook kick - Turning kick (same leg)

### Self Defence

- 👤 Double front choke
- 👤 Double wrist grab

### Tae Kwon Do Theory

- 👤 Tae Kwon Do tenets
- 👤 Movements in Chon Ji – 19
- 👤 Count 1 to 5 in Korean
- 👤 Colours in the Korean flag – black, white, red & blue

