

Mini Ninjas

Purple Belt

Attendance 2 months minimum since last test

Fitness

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

Stances

- 👤 Walking Stance
- 👤 L stance
- 👤 Fighting stance

Block

- 👤 Forearm guarding block
- 👤 All previous blocks

Strikes

- 👤 Ridgehand
- 👤 All previous strikes

Combos

- 👤 Double punch – jump front kick
- 👤 Lead leg front kick – lead leg turning kick (don't put foot down)
- 👤 Rear ridgehand – rear leg axe kick

Self Defence

- 👤 Double wrist grab

