

Mini Ninjas

Orange Stripe

Attendance 2 months minimum

Fitness

- 👤 10 Jumping Jacks
- 👤 5 push-ups
- 👤 5 sit-ups

Stances

- 👤 Attention stance
- 👤 Sitting stance
- 👤 Parallel Ready Stance

Block

- 👤 Low Block

Punches

- 👤 Single Punch
- Must demonstrate making a proper fist
- Punches must show focus (targeting), speed, snap and power
- Back hand position must be on the belt

Kicks

- 👤 Front Leg Front Snap Kick
- 👤 Rear Leg Front Snap Kick
- Must demonstrate all four positions (up, out, back and down)
- Must demonstrate balance

Self Defence

- 👤 Double push to the front

Spirit

- 👤 Ki Ha shout (LOUD!!)
- 👤 Call for help

