




Mini Ninjas




Purple Stripe

Attendance 2 months minimum since last test




Fitness

-  15 Jumping Jacks
-  10 push-ups
-  10 sit-ups



Stances

-  Walking Stance
-  L stance
-  Fighting stance




Block

-  Middle block
-  Rising block
-  Low block

Strikes

-  Hook punch
-  All previous strikes

Combos

-  Double punch – rear leg front kick
-  Double punch – jump front kick
-  Lead hook punch – lead leg side kick

Self Defence

-  Same arm wrist grab

