

Mini Ninjas

White with double brown stripe

Attendance 2 months minimum since last test

Fitness

- 👤 35 Jumping Jacks
- 👤 35 push-ups
- 👤 35 sit-ups
- 👤 20 squat thrusts

Stances

- 👤 All previous stances

Block & Punch Combination

- 👤 Hooking block
- 👤 Front kick – obverse + reverse punch
- 👤 All previous blocks & punches

Form (pattern)

- 👤 Do San – (part 1) 12 movements

Set sparring

- 👤 3 step 1-3

Self Defence

- 👤 Rear bear hug

Tae Kwon Do Theory

- 👤 Tae Kwon Do tenets
- 👤 Movements in Do San – 24
- 👤 Count 1 to 10 in Korean
- 👤 Why do we “Ki Ha” on attacking techniques? *To make our techniques stronger, make us more confident, to scare and stun the opponent.*

