




Mini Ninjas

YEAR 3 QUARTER 2



Fitness

-  30 push-ups
-  20 sit-ups
-  30 jumping jacks





Stances

-  All Previous Stances

Line Work

-  Walking Stance – Hooking Block
-  Walking Stance – Back Leg Front Kick, Double Punch

Pad Work

-  Outward to Inward Crescent Kick, Spin Crescent Kick
-  Lead Leg Double Turning Kick
-  3x Lead Leg Hopping Side Kicks
-  Pad Drill 1

Bag Work

-  Rear Leg Side Kick to Back Kick

Self Defence

-  Rear Bear Hug

Life skill:

Perseverance

