

Mini Ninjas

Blue Stripe

Attendance 2 months minimum since last test

Fitness

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

Stances

- 👤 All previous stances

Block

- 👤 Knife hand guarding block
- 👤 All previous blocks

Strikes

- 👤 Palm strike
- 👤 All previous strikes

Combos

- 👤 Back fist - side kick
- 👤 Double punch - jump front kick
- 👤 Lead palm strike – rear leg front kick

Self Defence

- 👤 Single lapel grab

