

Mini Ninjas

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

- 👤 Rising block with reverse punch
- 👤 Straight finger tip thrust with palm downward block
- 👤 All previous blocks & punches

Strikes

- 👤 Pad drills - 1/2/3
- 👤 All previous hand strikes

Form (pattern)

- 👤 Dan Gun – (complete form 1 to 3) 21 movements

Kick combinations

- 👤 Turning kick to spinning hook kick
- 👤 Axe kick to Jump back kick
- 👤 Spin crescent kick
- 👤 All previous kicks

Set sparring

- 👤 3 step 1-2

Self Defence

- 👤 Double front choke

Tae Kwon Do Theory

- 👤 Tae Kwon Do tenets
- 👤 Movements in Dan Gun – 21
- 👤 Count 1 to 5 in Korean

Colours in the Korean flag – black, white, red & blue

