

Mini Ninjas

Orange Stripe

Attendance 2 months minimum

Fitness

- 🥷 10 jumping jacks
- 🥷 10 push-ups
- 🥷 10 sit-ups

Stances

- 🥷 Attention stance
- 🥷 Sitting stance
- 🥷 Parallel ready stance

Block

- 🥷 Low block

Punches

- 🥷 Single punch

Combos

- 🥷 Double punch
- 🥷 Double punch – rear leg front kick
- 🥷 Double punch – rear leg jump front kick

Self Defence

- 🥷 Double push to the front

Spirit

- 🥷 Ki Ha shout (LOUD!!)

