

Mini Ninjas

Blue Stripe

Attendance 2 months minimum since last test

Fitness

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

Stances

- 👤 All previous stances

Block

- 👤 Wedging block
- 👤 All previous blocks

Strikes

- 👤 Palm strike
- 👤 All previous strikes

Form (pattern)

- 👤 Number 1 through to 3

Kicks

- 👤 Back kick
- 👤 Jump front kick
- 👤 All previous kicks

Self Defence

- 👤 Single lapel grab

Tae Kwon Do Tenets

- 👤 Courtesy – Be nice to others
- 👤 Integrity – Do not lie
- 👤 Perseverance – Never give up
- 👤 Indomitable spirit – Don't get sad when things don't go
Your way
- 👤 Self-control – Always behave

