

Mini Ninjas

Green Belt with gold 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

Form (pattern)

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

Set sparring

- 👤 3 step 1-2

Self Defence

- 👤 Double front choke

Tae Kwon Do Theory

- 👤 Tae Kwon Do tenets

