

Mini Ninjas

White/Black Stripe

Attendance 2 months minimum since last test

Fitness

- 👤 40 Jumping Jacks
- 👤 25 push-ups
- 👤 25 sit-ups
- 👤 10 squat thrusts

Block & Punch Combination

- 👤 Low block - rising block – reverse punch combination
- 👤 Side kick – Knife hand strike
- 👤 Knife hand strike – spinning knife hand strike
- 👤 All previous blocks & punches

Pad drills

- 👤 Pad drills - 1/2/3

Form (pattern)

- 👤 Dan Gun – 21 movements

Combos

- 👤 Double punch - axe kick
- 👤 Double punch - jump turning kick
- 👤 360 step over jump turning kick
- 👤 3 x hopping side kicks (no putting foot down between)

Set sparring

- 👤 3 step 1-2

Self Defence

- 👤 Lapel grab and hook punch
- 👤 Double lapel grab

Tae Kwon Do Theory

- 👤 Tae Kwon Do tenets
- 👤 Movements in Do San – 24
- 👤 Count 1 to 20 in Korean
- 👤 What does a wedging block defend against?
A double handed grab, twin vertical punch, double handed push or two handed front choke.

