




Mini Ninjas

YEAR 3 QUARTER 4




Fitness

-  30 push-ups
-  30 sit-ups
-  30 jumping jacks





Stances

-  All Previous Stances

Line Work

-  Walking Stance – Low Block, Rising Block, Reverse Punch
-  L Stance – Side Kick, Knifehand Strike
-  L Stance – Knifehand Strike, Spinning Knifehand Strike

Pad Work

-  Low Block, Reverse Punch, Lead Uppercut, Reverse Punch
-  Lead Leg Hook Kick, Lead Leg Turning Kick
-  Lead Hook Punch, Jump Spin Crescent Kick
-  Pad Drills 1 & 2

Bag Work

-  Variety (Previous Kicks and Combinations)

Self Defence

-  Lapel Grab With Crescent Punch

Life skill:

Indomitable Spirit

