




# Mini Ninjas

YEAR 2 QUARTER 4



## Fitness

-  20 push-ups
-  20 sit-ups
-  20 jumping jacks




## Stances

-  All Previous Stances

## Line Work

-  Walking Stance – Spin Backfist
-  Walking Stance – Rising Block, Reverse Punch

## Pad Work

-  Backfist, Reverse Punch, Jump Front Kick
-  Double Punch, Obverse Hook Punch, Reverse Uppercut
-  Double Punch, Outward to Inward Crescent Kick

## Bag Work

-  Jump Turning Kick

## Self Defence

-  Single Wrist Grab
-  Straight Punch

## Life skill:

Courtesy

