




Mini Ninjas

YEAR 1 QUARTER 2



Fitness

-  10 push-ups
-  10 sit-ups
-  10 jumping jacks




Stances

-  Walking Stance

Line Work

-  Walking stance - Backfist Strike
-  Walking stance - Rising Block

Pad Work

-  Double Punch, Rear Leg Front Kick
-  Double Punch, Rear Leg Jump Front Kick
-  Backfist, Reverse Punch, Turning Kick

Bag Work

-  Turning Kick

Self Defence

-  Single Wrist Grab (Opposite Hand)

Life skill:

Safety

