







Mini Ninjas

YEAR 1 QUARTER 4



Fitness

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




Stances

-  Walking Stance
-  L Stance
-  Fighting Stance

Line Work

-  L Stance - Backfist Strike
-  L Stance - Forearm Guarding Block

Pad Work

-  Backfist, Reverse Punch, Turning Kick
-  Lead Hook Punch, Lead Leg Side Kick
-  Lead Leg Front Kick, Lead Leg Turning Kick

Bag Work

-  Back Kick

Self Defence

-  Double Wrist Grab

Life skill:

Discipline

