




Mini Ninjas

YEAR 2 QUARTER 1

Fitness

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




Stances

-  All Previous Stances

Line Work

-  L Stance – Knifehand Strike
-  L Stance – Knifehand Guarding Block

Pad Work

-  Lead Leg Front Kick, Lead Leg Turning Kick
-  Knifehand, Reverse Punch
-  Backfist, Back Kick

Bag Work

-  Lead Leg Side Kick

Self Defence

-  Single Lapel Grab

Life skill:

Cleanliness

