




Mini Ninjas

YEAR 3 QUARTER 3

Fitness

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





Stances

-  All Previous Stances

Line Work

-  Sitting Stance – Knifehand Strike
-  L Stance – Outer Forearm Block

Pad Work

-  Reverse Uppercut, Lead Hook Punch, Reverse Punch
-  Switch Axe Kick, Double Punch
-  Double Punch, Jump Back Kick
-  Pad Drill 1

Bag Work

-  Rear Leg Side Kick to Jump Back Kick

Self Defence

-  Crescent Punch

Life skill:

Self Control

