







# Mini Ninjas

YEAR 1 QUARTER 3



## Fitness

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




## Stances

-  Walking Stance
-  L Stance
-  Fighting Stance

## Line Work

-  Walking stance - Palm Strike
-  Walking stance - Middle Block

## Pad Work

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

## Bag Work

-  Side Kick

## Self Defence

-  Single Wrist Grab (Same Hand)

## Life skill:

Leadership

