




Mini Ninjas

YEAR 2 QUARTER 3



Fitness

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




Stances

-  All Previous Stances

Line Work

-  Walking Stance – Reverse Ridgehand Strike
-  Walking Stance – Double Forearm Block

Pad Work

-  Backfist, Ridgehand
-  Double Punch, Spin Hook Kick
-  Lead Leg Turning Kick, Lead Leg Side Kick

Bag Work

-  Jump Side Kick

Self Defence

-  Single Lapel Grab
-  Front Single Hair Grab

Life skill:

Helpfulness

