




Mini Ninjas

YEAR 2 QUARTER 2



Fitness

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




Stances

-  All Previous Stances

Line Work

-  L Stance – Downwards Backfist
-  L Stance – Twin Forearm Block

Pad Work

-  Knifehand, Reverse Punch
-  Backfist, Back Kick
-  Double Punch, Lead Leg Hook Kick

Bag Work

-  Jump Front Kick

Self Defence

-  Double Lapel Grab

Life skill:

Friendship

