




Mini Ninjas

YEAR 3 QUARTER 1



Fitness

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




Stances

-  All Previous Stances

Line Work

-  Walking Stance – Straight Fingertip Thrust
-  Walking Stance – Low Block, Rising Block


Pad Work

-  Double Punch, Axe Kick
-  Lead Leg Hook Kick, Lead Leg Turning Kick
-  Rear Leg Turning Kick to Spin Hook Kick

Bag Work

-  Jump Back Kick

Self Defence

-  Double Wrist Grab
-  Double Front Choke

Life skill:
Integrity

