

Ninjas Group 3

Green belt

Blue stripe

Fitness

Jogging on the spot
15 Press-ups
15 Sit ups
15 Jump jacks
10 Tuck jumps

Linework

Circular block in walking stance

Low X fist pressing block in walking stance

First three moves of pattern Won Hyo

Double forearm block in walking stance

Palm Pushing block in L stance

Front kick (back leg), side kick (different legs) landing forearm guarding block in L stance

Side kick, reverse side kick, knifehand guarding block in L stance

Double side kick, Knifehand strike in L stance

Waist block in L stance

Front elbow strike in walking stance

Patterns

Up to Won Hyo

Up to Yul Gok

Freestyle Linework (all done on the bounce)

Front leg front kick, obverse reverse punch
Side kick, reverse side kick
Jumping front kick

Set Sparring

3 step sparring 5

3 step sparring 6

Pad work

Front leg front kick, turning kick (same leg keep foot up) rising block
Back hand punch, front hand backfist, back leg jump front kick

Shield Work

Turning kick, reverse turning kick
Step in side kick (front leg)

Self Defence

Double wrist grab at the same time

Free Sparring

3 x 1.5 minute rounds (points)