

Ninjas Group 1

White belt

Yellow stripe

Fitness

Jogging on the spot
5 Press-ups
5 Sit ups
5 Jump jacks
10 Leg raise exercise (each leg)

Linework

Middle section obverse punch in walking stance (same arm and leg forward)

Knifehand strike in L stance

Middle section reverse punch in walking stance (opposite arm and leg forward)

Forearm guarding block in L stance

Low block reverse punch in walking stance

Front Kick obverse reverse punch in walking stance

Middle block reverse punch in walking stance

Low block, rising block in walking stance

Front kick reverse punch in walking stance

Turning kick landing forearm guarding block L stance

Patterns

Sajo Jirugi (four directional exercise)

Up to Chon-Ji

Freestyle Linework (all done on the bounce)

Obverse punch (front hand)
Obverse punch, Reverse Punch (front hand, back hand)
Back leg front kick

Set Sparring

3 step sparring
1

3 step sparring
2

Pad work

Double punch
Double punch front kick

Shield Work

5 x Back leg front kick (both sides)
5 x Back leg turning kick (both Sides)

Self Defence

Same side wrist grab