

# Ninjas Group 2

Yellow belt

Green stripe

## Fitness

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

## Linework

Front back-fist strike in L stance

Straight fingertip thrust in walking stance

Twin forearm block in L stance

High section side back fist strike in walking stance

Front kick obverse punch reverse punch in walking stance

High section outer forearm block reverse punch in walking stance

Inward middle section block

Wedging block in walking stance

Side kick, knifehand guarding block in L stance

Turning kick, reverse turning kick, forearm guarding block in L stance

## Patterns

Up to Dan Gun

Up to Do-San

## Freestyle Linework (all done on the bounce)

Front hand side back fist strike, reverse punch  
Front leg turning kick, front hand back fist strike  
Obverse punch, reverse knifehand strike

## Set Sparring

3 step sparring  
3

3 step sparring  
4

## Pad work

Front hand punch, front hand backfist  
Back hand punch, back hand reverse knifehand strike  
Double punch, front kick

## Shield Work

Rear leg side kick  
Rear leg side kick, rear turning kick

## Self Defence

Opposite side wrist grab