



## Blue Ninja 2 Syllabus

### Stances

- Back stance

### Exercise & Footwork

- Push-ups x 10
- Knee-ups

### Kicks & Blocks

- Roundhouse Kick (back foot) x 5 per leg
- Outer Forearm Block x 10

### Sequences

- Back stance, Outer forearm block, Punch
- Two-knee ups, Roundhouse kick

### Sparring

- 3 Rounds, 45 Seconds