



Red Ninja Champion Syllabus

Stances

- Back stance

Exercise & Footwork

- Russian Twists x 10
- Inch Back, Knee Up

Kicks & Blocks

- Axe Kick, Snap Kick (same leg) x 5 per leg
- Side of Neck Attack x 10

Sequences

- All moves of White Belt form
- Inch back, Side of neck attack, Axe-Snap kick

Sparring

- 6 Rounds, 45 Seconds