



Yellow Ninja 1 Syllabus

Stances

- Short stance

Exercise & Footwork

- Star Jumps x 20
- Bouncing

Kicks & Blocks

- Axe Kick x 5 per leg
- Punch x 10

Sequences

- Short stance, Punch
- Bounce, Axe kick

Sparring

- 1 Round, 45 Seconds