



Yellow Ninja Champion Syllabus

Stances

- Back stance

Exercise & Footwork

- V-Hold x 30 seconds
- Double Switch, Knee Up

Kicks & Blocks

- Jump Snap Kick x 5 per leg
- Knife Block x 10

Sequences

- Back stance, Knife block, Double punch
- Double switch, Jump snap kick

Sparring

- 6 Rounds, 45 Seconds