

Little Ninja's Syllabus



White and Orange Belt

1. Basic Stances

- Relaxed position
- Attention stance
- Ready position

2. Basic Hand Techniques

- Jab with the front hand
- Reverse punch with the back hand

3. Basic Feet Techniques

- Front kick with the front leg
- Roundhouse kick with the front leg

4. Basic Blocks

- Upper block with the front hand

5. Counter Techniques

- Partner jabs to the head – upper block with the front hand

6. Balance and Control

- Walk over 10 focus pads (Showing focus, control and balance)

On belt testing day you will be marked on your attitude and effort from all classes, as well as on your testing day.

Students should have been put forward for testing by their instructor.

Students should have a current martial arts licence booklet.

Students should have a full martial arts uniform and a current belt.

