



Blue Ninja Champion Syllabus

Stances

- Short stance

Exercise & Footwork

- Power Jacks x 20
- Slide Back, Switch, Knee Fold

Kicks & Blocks

- Switch Roundhouse x 5 per leg
- Upper Cut Punch x 10

Sequences

- First Eight moves of White Belt form
- Switch roundhouse, upper cut punch

Sparring

- 6 Rounds, 45 Seconds