



Brown Ninja Champion Syllabus

Stances

- Forward stance

Exercise & Footwork

- Scissor Legs x 20
- Inch (Forward & Backward)

Kicks & Blocks

- Window Wiper x 5 per leg
- Telephone Block x 10

Sequences

- First Twelve moves of White Belt form
- Inch forward, Inch back, Window wiper

Sparring

- 6 Rounds, 45 Seconds