

# Green Ninja 1 Syllabus

#### **Stances**

Horse-riding stance

#### **Exercise & Footwork**

- Running kicks x 20
- Skip forward

#### Kicks & Blocks

- Push Kick x 5 per leg
- Low Block x 10

### Sequences

- Horse-riding stance, Low block
- Skip forward, Push kick

## Sparring

• 2 Rounds, 45 Seconds