



Green Ninja 2 Syllabus

Stances

- Back stance

Exercise & Footwork

- Sit-ups/Crunches x 10
- Skip back

Kicks & Blocks

- Roundhouse Kick (front foot) x 5 per leg
- Middle Block x 10

Sequences

- Back stance, Middle block
- Skip back, Roundhouse kick (front foot)

Sparring

- 2 Rounds, 45 Seconds