



Green Ninja Champion Syllabus

Stances

- Horse-riding stance

Exercise & Footwork

- Squat Kicks x 20
- Slide Back, Knee Up, Switch

Kicks & Blocks

- Cross Over Side Kick x 5 per leg
- Hook Punch x 10

Sequences

- First Four moves of White Belt form
- Slide back counter roundhouse, hook punch

Sparring

- 6 Rounds, 45 Seconds