



Red Ninja 1 Syllabus

Stances

- Back stance

Exercise & Footwork

- Plank hold x 30 seconds
- Skip forward, knee up

Kicks & Blocks

- Step Push Kick x 5 per leg
- Inner Forearm Block x 10

Sequences

- Back stance, Inner forearm block, Palm strike
- Skip forward, Knee up, Step Push kick

Sparring

- 5 Rounds, 45 Seconds