



# Blue Ninja 1 Syllabus

## Stances

- Long stance

## Exercise & Footwork

- Lunges x 20
- Side step

## Kicks & Blocks

- Side Kick (front foot) x 5 per leg
- Double Punch x 10

## Sequences

- Long stance, Low block, Double punch
- Side step, Side kick (front foot)

## Sparring

- 3 Rounds, 45 Seconds