



# Brown Ninja 1 Syllabus

## Stances

- Short stance

## Exercise & Footwork

- Leprechaun dance x 20
- Knee-folds

## Kicks & Blocks

- Side Kick (back foot) x 5 per leg
- Knife Strike x 10

## Sequences

- Short stance, Low block, Knife strike
- Two-knee folds, Side kick

## Sparring

- 4 Rounds, 45 Seconds