



Brown Ninja 2 Syllabus

Stances

- Horse-riding stance

Exercise & Footwork

- Tuck Jumps x 10
- Slide back, knee up

Kicks & Blocks

- Crescent Kick x 5 per leg
- Palm Strike x 10

Sequences

- Horse-riding stance, High block, Palm strike
- Slide back, Knee up, Crescent kick

Sparring

- 4 Rounds, 45 Seconds