



Red Ninja 2 Syllabus

Stances

- Long stance

Exercise & Footwork

- Dips x 10
- Slide back, knee fold

Kicks & Blocks

- Step Roundhouse Kick x 5 per leg
- Double Middle Block x 10

Sequences

- Long stance, Double middle block, Knife strike
- Slide back counter Roundhouse kick

Sparring

- 5 Rounds, 45 Seconds