



White Ninja Champion Syllabus

Stances

- Long stance

Exercise & Footwork

- Burpees x 10
- Slide to the side (Angle), knee lift

Kicks & Blocks

- Low-High Snap Kick x 5 per leg
- Double Low Block x 10

Sequences

- Long stance, Snap kick, Double low block
- Angle (Sideways Slide), Side Kick

Sparring

- 6 Rounds, 45 Seconds