



## Yellow Ninja 2 Syllabus

### Stances

- Long stance

### Exercise & Footwork

- Squats x 10
- Switching

### Kicks & Blocks

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

### Sequences

- Long stance, High block
- Switch, Snap kick

### Sparring

- 1 Round, 45 Seconds