



Little Ninjas Spring Promotion

Skills 1-8

Saturday, May 2nd, 10:15 AM

Please Register on our website by April 30th

Test Fee \$25 (plus tax)

1. **Focus**- Show your level 3 focus with Ninja Freeze Game. Stop in a Karate Stance & Don't Move. Only move when counting 1-2-3.
2. **Coordination**- Kick Boxing, punch or kick following R/L combinations
3. **Teamwork** – Relay Race with your team
4. **Control & Balance**- 3-5 Kicks with Leg chambers, Front, Side and Back Kick 3-5 times with leg up in a chamber. Don't Drop Foot until you kick 3-5+ times.
5. **Fitness**: Ladder Footwork (Frog jumps, bunny hops, Happy Feet, Hopscotch) & Box Jumps, tumble
6. **Memory** – Horse Stance and count punches 1-5
7. **Discipline** -Black-Belt Attitude (Yes, Sensei! and respond as fast as they can the 1st time they are given an instruction).
8. **Board Breaking**

Elite Performance Martial Arts

1224 W 9th St. Upland, 91786

909.500.1205

www.elitekarate.org

Sensei Nurys Saldaña