

LIL' NINJAS

Build the habits. Find the confidence.



KICKS

Front kicks 1-3

Practice the first three variations exactly as taught. Set your feet before each kick and finish with balance.



FORM

Ki Bon

Work through your basic form in small pieces. Remember the order before adding speed.



STICK COMBINATION

Three count, one side

Learn the pattern on one side. Aim for a steady rhythm and a clear start and finish.



SELF-DEFENSE

Wrist release, backfist, ridge hand

In class, use the other hand as taught, step back, and release toward the thumb side. Add the taught backfist and ridge-hand finish.



BEYOND THE BELT

Stop. Think. Choose.

Pause before a move or answer. A small pause helps us use a calm voice when frustrated.

PARENT PROMPT

"What is one good choice you can make before you start?"

Celebrate careful feet and respectful responses.

HOME PRACTICE

Practice solo skills with a grown-up. Open-hand patterns build memory, rhythm and coordination.