

# LIL NINJA

NINJA NAME: \_\_\_\_\_

CLASS DAY/TIME: \_\_\_\_\_

<b>GYMNASTICS/TT</b>
ROCK & ROLL TO STAND
TABLE
STRAIGHT BODY POSITION
TUCK BODY POSITION
SAFETY FALL - BACKWARDS
SKI JUMPS
SPOTTED FORWARD ROLL
BEAR CRAWL
APART TOGETHER JUMPS

TRIED FOR THE FIRST TIME	STILL LEARNING	CONQUERED

<b>PARKOUR</b>
DUCK WALKS
WEDGE NINJA ROLL
LIL VAULT
LOG ROLL
JUMP DOWN - FROM ELEVATED SURFACE
LEAD STRIDE - STEP DOWN FROM ELEVATED SURFACE
FLOOR MONKEY
TURN VAULT DOWN
SQUAT ON

TRIED FOR THE FIRST TIME	STILL LEARNING	CONQUERED

<b>TRICKING</b>
LEFT LEG KICK
RIGHT LEG KICK
FORWARD CHAMBER
360° SPIN - WITH FEET ON FLOOR
180° JUMP
STINKBUG

TRIED FOR THE FIRST TIME	STILL LEARNING	CONQUERED

<b>WARRIOR</b>
FRONT SUPPORT - SPOTTED
HANG (3 SEC.)
BARREL GLIDES
SNAKE CRAWL
MOUNTAIN WITH 1 LEG-UP
CRUNCHES (5)
RING SWING
DRAGON KICK (NO HOP)

TRIED FOR THE FIRST TIME	STILL LEARNING	CONQUERED

COACH COMMENTS: \_\_\_\_\_

# LIL NINJA +

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<b>GYMNASTICS/TT</b>	TRIED FOR THE FIRST TIME	STILL LEARNING	CONQUERED
SPOTTED BACKWARD ROLL			
SEAT BOUNCES			
360° BEAR CRAWL SPIN			
ELEVATED MAT WALK			
SKIPPING			
PUPPY BOUNCES			
SPRINGBOARD JUMP FREEZE			
STRADDLE ROLL			
<b>PARKOUR</b>	TRIED FOR THE FIRST TIME	STILL LEARNING	CONQUERED
JUMP UP - TO ELEVATED SURFACE			
LEAD STRIDE - STEP UP TO MAT			
MAT POP - ON RICOCHET			
WALL SPIN PROGRESSION			
SAFETY SLIDE			
<b>TRICKING</b>	TRIED FOR THE FIRST TIME	STILL LEARNING	CONQUERED
FLOOR SAFETY			
CART HOP			
CHAMBER HOPS TO ALTERNATING LEGS			
BUTTERFLY KICK PROGRESSION			
JUMPING SPIN STEP			
360° ONE FOOT TAKE-OFF			
<b>WARRIOR</b>	TRIED FOR THE FIRST TIME	STILL LEARNING	CONQUERED
BAR MONKEY WALKS - WITH FEET ON MATS			
MONKEY BARS - WITH SPOT			
BARREL RE-GRIPS			
GARGOYLE HANG			
SUPPORTED CHIN UP			
TUCK HANG - 3 SECONDS			
FRONT SUPPORT ROLL FORWARD, PUSH BACK TO FRONT SUPPORT			
STRADDLE HANG			
TORNADO SPIN 180°			

COACH COMMENTS: \_\_\_\_\_