

Basic Form #1

For Little Ninjas

Begins from Junbi stance

- 1) Attention
- 2) Bow
- 3) Junbi
- 4) Step back with right foot into self defense stance, Yell "Back Off"
- 5) Fighting stance by closing fists
- 6) Four corners blocking 1 - 8
- 7) Jab
- 8) Punch
- 9) Front elbow strike
- 10) Rear elbow strike
- 11) Knee strike (with rear leg)
- 12) Front snap kick (with rear leg)
- 13) Left foot steps back to Junbi