

# ADVANCED NINJA GOALS



## RUNNING

WALL SKILLS

SPEED, DYNAMIC BALANCING

## FLIPPING

NINJA VAULTS WITH PROPULSION

ROUND-OFFS

BACK HANDSPRINGS

WALL SKILLS

## STRENGTH

DYNAMIC PUSH-UPS

V-UPS

PISTOL SQUATS

DYNAMIC BURPEES

HANDSTAND PUSH-UPS

SHOULDER SHRUGS

ROPE CLIMB

CHIN HOLD W/ HAND MOVES

PULL UPS IN L SHAPE

## SWINGING

GRIP WORK IN MOVEMENT

SWINGING RELEASES

## LANDING/BOUNCING

FLIPS

TWISTING JUMPS

ADVANCED SAFETY FALLS

CONNECTED TUMBLING