

NINJA FUNDAMENTALS GOALS



SWINGING/CLIMBING

FLIP UNDERS

FRONT SUPPORT SWINGS

FRONT ROLL OFF BAR

SIDE SHIMMIES

LANDING/BOUNCING

SAFETY LANDINGS

FRONT, SIDE, & BACK ROLLS

BOUNCING SHAPES

TUMBLING

LEVER KICK

CARTWHEEL CONCEPT

HANDSTAND HOLD ON WALL

BRIDGE WALKS

BALANCING

SAFETY & REVERSE SAFETY VAULT

PRECISION JUMP

WALKING & BASIC JUMPING

1-FOOT BALANCE CONTROL

STRENGTH

PUSH-UPS

SIT-UPS

HOLLOW CRUNCH SHAPE

ROPE HANG

CHIN HOLD

L HOLD