

GYM NINJAS - NOVICE

Rolling

- Turtle Roll
- Ninja Roll
- Jump Ninja Roll
- Backward Ninja Roll (on wedge)

Flipping

- Level Kick
- Butterfly
- Forward Roll
- Backward Roll
- Trampoline Shapes (Penguins, Cannonballs, Scissors, Doggie Drop, Seat Drop)

Ninja Code of Conduct

- Patience
- Respect
- Kindness
- Sharing
- Cooperation
- Teamwork

Running

- Safety Vault
- Wall Run
- Precision Jump
- Bouncing

Swinging

- Cannon balls
- Rope cannon balls
- Cannon ball support
- Hand walks
- Koala walks
- Bat Hang
- Front flip down

