

GYM NINJAS - APPRENTICE

Rolling

- Shoulder Roll
- Dive Rolls
- Vaulting Rolls
- Running Wall, push to feet

Running

- Speed Vault (Wall safety, One foot hop overs)
- Reverse Vault
- Kong Vault (Squat through, Squat on from stride, Handstand hops)

Ninja Code of Conduct

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

Flipping

- Handstand
- Handstand Walks
- Cartwheel
- Cartwheel Step In
- Trampoline Shapes (Panda Rolls, handspring drills)

Swinging

- Rope (climb halfway, Big kermit swing, Swing side kick mat)
- Monkey Bars (Funkey Monkeys, Regrips & dismounts, Cat on the wall)
- Above-Bar Flips (Pull over, Front flip down hold, Cast)
- Casting to blocks

