

GYM NINJAS - MASTER

Rolling

- Vaulting roll over (Pac-man)
- Dive roll (Over cheese)
- Wall flip (Flat back)
- Wall spin (On wedge)

Running

- Blocking Squat on
- Squat through down
- Combo vault course

Ninja Code of Conduct

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

Flipping

- Round-Off
- Handspring (Over panel)
- Front Flip
- Round off, flip to back
- Back handspring (With boulder)

Swinging

- Rope climb (Full way)
- Tap swings
- Under shoots
- Back hip circle

