

Coach

Class

NINJA LEVEL 3

GREEN

Floor								
HS Fwd Roll								
Stride to Plyo Pre.								
6ft PK Roll Landing								
Agility								
Front Tuck								
Back Tuck								
Side Flip								
Front Handspring								
Back Handspring								
Bars								
180 Tap Swings								
Pull up to Pullover								
Flyaway								
Backhip Circle								
Glide Swings								
Vaults								
Dive Kong								
Double Kong								
Kong Pre.								
Kash								
Reverse								
Kicks								
Tornado Kicks								
Pop 360 Round Kick								
Pop 360 Hook Kick								