

Black Belt Excellence – Little Ninjas Obstacle Course

Instructions

1. **Jump** with both knees up into three hoops.
2. Perform 5 **kicks** on a shield
3. **Crawl** through a tunnel.
4. Perform 5 **punches** on a shield
5. **Run** through a "Poodle of Doom"
6. Perform 5 **blocks** against a blocker
7. Perform 5 jumping jacks
8. Yell "Kiap!" then run and do a **flying punch**. (**flying side kick** for Junior Achievers)
9. Give a **high-five** to Leadership Team member to stop timer

Diagram

