



MINI MASTERS LITTLE DRAGONS & NINJA CADETS

Basic Positions

These are the first four basic postures to be practiced by the Junior Students. At all times, they should be focused on the instructor in front of them with their eyes forward, ears open, and concentrating on what the instructor is saying or demonstrating.

Position #1. - At Ease Position

Stand with feet shoulder width apart, hands behind your back and head upright with eyes focused forward.

Position #2. - Attention Stance

Stand with feet together, toes pointing forward. Hands are placed at the side of the legs, back straight, head upright with eyes focused forward.

Position #3. - Lockdown Position

Sit with legs crossed with hands rested on your knees. Back should be straight with your head upright and eyes focused forward.

Position #4. - Guard Stance

Stand with the feet shoulder width apart with the left leg ahead of the right foot by one normal step forward. Knees should be very slightly bent, elbows in close to the ribs, hands up high by the cheek bones with fists closed tight. Head should be upright with eyes focused forward.