

Directions:

Grab a dice. Lay out the pages in any path you like on the ground. You are the game piece! Race to the finish and follow the directions on the boxes as you land on them.

START



Do 10 squats!
If your butt is
as low or lower
than your knees,
roll again!



Lets see your
best punch and
kicking
combination!



KNOCKOUT!
**Go back to
where you were!**

Remember to be
a good sport!



Keep up the
good work
Ninja!



Crabwalk
ahead 2 more
squares



JUMP AHEAD

Take 1 Big Jump Forward!



Great Job
Ninja!



PUSH-UP Challenge

If you can do 10
push ups move
ahead a square!



Keep up the
good work
Ninja!



Do 10 Punches.
Make sure you
bring your hands
back to protect
your face.



NINJA DOWN!

**Move Back 2
Squares.**



Help a fellow
Ninja, pick a
player to move
ahead a square!



KNOCKOUT!
**Go back to
where you were!**

**Remember to be
a good sport!**



Knock out a
player: pick one
person to go
back 3 squares.



Ninja Break -
Skip a turn!



SIT UP CHALLENGE

Can you do 20
sit-ups in 30
seconds? Roll
again if you can!



Show your
best
Ninja Kick!



JUMPING CHALLENGE

Jump on one foot
10 times without
falling. Roll again
if you did it.



JUMP AHEAD

**Take 2 Big
Jumps Forward!**



Ninja Break -
Skip a turn!



You're Moving
along!

Keep it up!



Show your
best Ninja
Moves!



KNOCKOUT!
**Go back to
where you were!**

**Remember to be
a good sport!**



FINISH

YOU DID IT!!!

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