

Little Ninjas Skill Stripe Testing

Teamwork

White belts: Must hold a target correctly for a partner executing five rear leg snap kicks with both legs

Orange belts: Must hold a target correctly for a partner executing five punches on each side

Hi-Orange belts: Must hold a target correctly for a partner executing five rear leg side kicks with both legs

Yellow belts: Must lead their belt group through five reps of an upper body exercise of their choice

Hi-Yellow belts: Must lead their belt group through five reps of a lower body exercise of their choice

Green belts: Must lead their belt group through five reps of both an upper body exercise and lower body exercise of their choice

Hi-Green belts: Must lead their belt group through five reps of a Ninja hand technique of their choice

Purple belts: Must lead their belt group through five reps of a Ninja kicking technique of their choice

Hi-Purple belts: Must lead their belt group through five reps of both a Ninja hand technique and Ninja kicking technique of their choice