

Little Ninjas Skill Stripe Testing

Memory

White belts: The instructor will review the basic Ninja blocks and then call them out at random for the Ninjas to perform from memory.

Basic Blocks: High Block, Low Block, Inside Block, Outside Block

**All performed with front hand

Orange belts: The instructor will review the basic Ninja blocks & strikes and then call them out at random for the Ninjas to perform from memory.

Basic Strikes: Jab, Reverse Punch, Palm Strike, Knifehand Strike

Hi-Orange belts: The instructor will review the basic Ninja blocks, strikes, & kicks and then call them out at random for the Ninjas to perform from memory.

Basic Kicks: Snap Kick, Rising Kick, Axe Kick, Side Kick

Yellow belts: Must perform 2 sets of 3-move hand combinations called out by the instructor correctly.

Hi-Yellow belts: Must perform 2 sets of 3-move kicking combinations called out by the instructor correctly.

Green belts: Must perform 2 sets of 3-move hand and kicking combinations called out by the instructor correctly.

Hi-Green belts: The instructor will review Basic Form #1 through the four corners blocking and the Ninjas must perform the form from memory correctly.

Purple belts: The instructor will review Basic Form #1 through the elbow strikes and the Ninjas must perform the form from memory correctly.

Hi-Purple belts: The instructor will review Basic Form #1 through the snap kick and the Ninjas must perform the form from memory correctly.