

Little Ninjas Skill Stripe Testing

Fitness

White belts: Must hold each static exercise for 10 seconds.

Orange belts: Must hold each static exercise for 15 seconds.

Hi-Orange belts: Must hold each static exercise for 20 seconds.

Hold push-ups: Students should start with their hands no more than shoulder-width apart and hold their body up off the ground in push-up position, keeping their neck, back, and legs aligned.

Hold squats: Start with their feet shoulder-width apart, and bend their knees as if sitting on a chair, back straight.

Hold beginner dish: Lie on their back with their hands underneath their hips, then lift both their legs a few inches off the ground with feet together and knees straight.

Hold beginner bridge: Lie on their back then lift their hips & shoulders into crab walk position, core flat like a table.

Yellow belts: Must perform each active exercise for 10 reps

Hi-Yellow belts: Must perform each active exercise for 15 reps

Green belts: Must perform each active exercise for 20 reps

Lion Push-Ups: The Ninjas will lay on their stomach with their palms on the ground below their shoulders. They will push their body off the ground, keeping their neck, back, and legs aligned, roaring like a lion on each rep.

Squats: Start with feet shoulder-width apart. Bend into a squat position as if you are sitting on a chair, and then raise back to starting position looking forward the entire time.

Leg Scissors: Lie on your back with your hands underneath your lower back, palms down. Keeping your legs straight, raise one leg off the ground to a 90 degree angle, and on the way back down raise the other, then lower back to starting position. Both legs = 1 rep (Feet may touch the ground on the scissor)

Bridge with side taps: Starting from bridge position (crab walk position), tap your left side with your left arm, and repeat with the right side. Maintain the bridge position so that your body is flat like a table.

Hi-Green belts: Must perform each dynamic exercise for 10 reps

Purple belts: Must perform each dynamic exercise for 15 reps

Hi-Purple belts: Must perform each dynamic exercise for 20 reps

Push-ups: Students should start with their hands shoulder-width apart and hold their body up off the ground in push-up position. Slowly lower the body towards the ground keeping the back and hips aligned, then push back up to starting position with no knees or stomach touching the ground, keeping their neck, back, and legs aligned.

Squat Jumps: Bend down to a frog squat position, back straight with knees pointing out to the sides, and touch the ground with your hands. Jump straight into the air and land in that same position, looking forward the entire time.

Leg Raises: Lie on your back with your hands underneath your lower back, palms down. Keeping your legs straight, slowly raise them off the ground to a 90 degree angle, then lower back to starting position.

Bridge with shoulder taps: Starting from bridge position (crab walk position), tap the left shoulder with your right arm, and repeat alternating arms.