

Little Ninjas Skill Stripe Testing

Discipline

White belts: Must run through Listening Positions #1 - #4 on the instructor's command in order

Orange belts: Must run through Listening Positions #1 - #4 on the instructor's command in random order

Hi-Orange belts: Must run through Listening Positions #1 - #4 on the instructor's command in combinations

Listening Position #1 - Sitting Like a Ninja

Listening Position #2 - Kneeling on Right Knee

Listening Position #3 - Standing at Attention

Listening Position #4 - Standing at Junbi

Yellow belts: Must perform stances #1 - #4 on the instructor's command in order

Hi-Yellow belts: Must perform stances #1 - #4 on the instructor's command in random order

Green belts: Must perform stances #1 - #4 on the instructor's command in combinations

Stance #1 - Fighting Stance

Stance #2 - Horseriding Stance

Stance #3 - Walking Stance

Stance #4 - Front Stance

Hi-Green: The instructor will guide the Ninja through White Step Sparring #1 and they must follow directions as given to perform the defense correctly with a partner

Purple: The instructor will guide the Ninja through White Step Sparring #2 and they must follow directions as given to perform the defense correctly with a partner

Hi-Purple: The instructor will guide the Ninja through White Step Sparring #3 and they must follow directions as given to perform the defense correctly with a partner

The White step sparring techniques are all defending against a Jab.

White #1: Start in a fighting stance – front hand outside block (#5 block) – reverse punch to the face

White #2: Start in a fighting stance – front hand open hand inside block (#3 block) – reverse punch to the face

White #3: Start in a fighting stance – slide backward – rear leg snap kick to body – land forward – front hand hook punch to the head