

# **Little Ninjas Skill Stripe Testing**

## **Balance**

**White belts:** Must hit an instructor's pad with snap kick 5 times without dropping their foot.

**Orange belts:** Must hit an instructor's pad with snap kick 10 times without dropping their foot.

**Hi-Orange belts:** Must hit an instructor's pad with snap kick 15 times without dropping their foot.

**Yellow belts:** Must hit an instructor's pad with snap kick 20 times without dropping their foot.

**Hi-Yellow belts:** Must hit an instructor's pad with snap kick 25 times without dropping their foot.

**Green belts:** Must hit an instructor's pad with snap kick 30 times without dropping their foot.

**Hi-Green belts:** Must hit an instructor's pad with snap kick 35 times without dropping their foot.

**Purple belts:** Must hit an instructor's pad with snap kick 40 times without dropping their foot.

**Hi-Purple belts:** Must hit an instructor's pad with snap kick 50 times without dropping their foot.

**\*\*Instructors will place a kicking shield up on end for the student to hold on to with one hand to aid in their balance.**

**\*\*Students must execute snap kick correctly with good chambers and striking the pad with the top of the foot.**