

Little Ninjas Skill Stripe Testing

Control

White belts: Must freeze at attention on command while running forward between two cones three times successfully.

Orange belts: Must freeze at attention on command while running sideways between two cones three times successfully.

Hi-Orange belts: Must freeze at attention on command while running backwards between two cones three times successfully.

Yellow belts: Must strike an instructor's target with five powerful, correct punches on both sides.

Hi-Yellow belts: Must strike an instructor's target with five powerful, correct snap kicks on both sides.

Green belts: Must strike an instructor's target with five powerful, correct side kicks on both sides.

All intermediate Ninjas should wear their hand/foot gear for this stripe test

Hi-Green belts: Must switch feet and perform a front leg snap kick on an instructor's target five times with each leg

Purple belts: Must switch feet twice and perform a front leg snap kick on an instructor's target five times with each leg

Hi-Purple belts: Must switch feet three times and perform a front leg snap kick on an instructor's target five times with each leg

Ninjas should chamber their kick properly and strike with the top part of their foot

All advanced Ninjas should wear their foot gear for this stripe test