

Little Ninjas Skill Stripe Testing

Coordination

White belts: Must run through 5 left hand / right hand punches on an instructor's target calling out 'Left punch sir' or 'Right punch sir' correctly.

Orange belts: Must run through 5 left foot / right foot snap kicks on an instructor's target calling out 'Left kick sir' or 'Right kick sir' correctly.

Hi-Orange belts: Must run through 5 left / right punches and snap kicks on an instructor's target calling out 'Left punch sir' , 'Right punch sir' , 'Left kick sir' or 'Right kick sir' correctly.

Yellow belts: Must run through 10 left / right punches and snap kicks on an instructor's target calling out 'Left punch sir' , 'Right punch sir' , 'Left kick sir' or 'Right kick sir' correctly.

Hi-Yellow belts: Must run through 15 left / right punches and snap kicks on an instructor's target calling out 'Left punch sir' , 'Right punch sir' , 'Left kick sir' or 'Right kick sir' correctly.

Green belts: Must run through 20 left / right punches and snap kicks on an instructor's target calling out 'Left punch sir' , 'Right punch sir' , 'Left kick sir' or 'Right kick sir' correctly.

Hi-Green belts: Must execute 5 random techniques with proper left and right commands from instructor

Purple belts: Must execute 10 random techniques with proper left and right commands from instructor

Hi-Purple belts: Must execute 15 random techniques with proper left and right commands from instructor