

Little Ninjas Skill Stripe Testing

Focus

The instructor will toss a square hand target across each Ninja's strike zone. The Ninja must strike the targets without missing. Each instructor will take a group of Ninjas, one standing in fighting stance 8-10 feet away from the instructor. The rest of the group will stand in line behind the instructor, and they will each have a target. Toss the targets in front of the Ninja about chest high and close enough to strike. The first Ninja in line will run and pick up the pad and return to the back of the line. Repeat until the Ninja has struck the proper number of targets and repeat for each Ninja as follows:

White belts: Must try and punch 5 targets in a row

Orange belts: Must accurately punch 5 targets in a row

Hi-Orange belts: Must accurately punch 10 targets in a row

Yellow belts: Must accurately snap kick 5 targets in a row

Hi-Yellow belts: Must accurately snap kick 10 targets in a row

Green belts: Must accurately snap kick 15 targets in a row

The Ninjas with sparring gear will put on their footgear before the start of this drill

Hi-Green belts: Must properly strike a square hand target out of the instructor's hands with a knifehand strike three times

Purple belts: Must properly strike a square hand target out of the instructor's hands with a side kick three times

Hi-Purple belts: Must properly strike a square hand target out of the instructor's hands with a roundhouse kick three times

***The instructor will hold the pad between their palms held at arm's length. The kicks should be done with the Ninja's front leg. They should focus on striking the pad with the proper part of their hand/foot.