

# Pre – Ninjas Skill Stripe Testing

## Catching

**White w/ Yellow belts:** Must catch 5 balls thrown underhand to them from 1 step away with good catching technique

\*Hold your hands out as you catch. Keep your eyes on the object. Hold the object tightly as you catch it.

**Yellow w/ White belts:** Must catch 5 balls thrown underhand to them from 2 steps away with good catching technique

**Yellow w/ Black belts:** Must catch 5 balls thrown underhand to them from 3 steps away with good catching technique

**White w/ Orange belts:** Must catch 5 balls that are bounced to them from 1 step away with good catching technique

**Orange w/ White belts:** Must catch 5 balls that are bounced to them from 2 steps away with good catching technique

**Orange w/ Black belts:** Must catch 5 balls that are bounced to them from 3 steps away with good catching technique

**White w/ Blue belts:** Must catch 5 balls thrown overhand to them from 1 step away with good catching technique

**Blue w/ White belts:** Must catch 5 balls thrown overhand to them from 2 steps away with good catching technique

**Blue w/ Black belts:** Must catch 5 balls thrown overhand to them from 3 steps away with good catching technique