

Pre – Ninjas Skill Stripe Testing

Blocking

White w/ Yellow belts: Must perform 10 high blocks in the air, alternating arms, with good blocking technique.

*Fists tight, other arm pulled tight to their side, eyes on block

Yellow w/ White belts: Must perform 10 high blocks on a blocking target, alternating arms, with good blocking technique.

Yellow w/ Black belts: Must perform 10 high blocks on a blocking target, alternating arms while stepping forward down the mat, with good blocking technique.

White w/ Orange belts: Must block 5 foam balls while in the air, thrown by the instructor from 1 step away, with good blocking technique

Orange w/ White belts: Must block 5 foam balls while in the air, thrown by the instructor from 2 steps away, with good blocking technique

Orange w/ Black belts: Must block 5 foam balls while in the air, thrown by the instructor from 3 steps away, with good blocking technique

White w/ Blue belts: Must perform 5 left and right blocks, calling out 'left hand' or 'right hand' correctly while blocking

Blue w/ White belts: Must perform 10 left and right blocks, calling out 'left hand' or 'right hand' correctly while blocking

Blue w/ Black belts: Must perform 15 left and right blocks, calling out 'left hand' or 'right hand' correctly while blocking