

Pre – Ninjas Skill Stripe Testing

Crawling

White w/ Yellow belts: Must bear crawl down the mats with good crawling technique

*No elbows or knees on the ground, one hand and one foot always on the mat

Yellow w/ White belts: Must bear crawl over three evenly spaced kicking shields

Yellow w/ Black belts: Must bear crawl down the mat weaving in and out of a set of cones

White w/ Orange belts: Must army crawl down the mats with good crawling technique

*Stomach on the ground, using arms to drag forward and feet to push

Orange w/ White belts: Must army crawl down the mat underneath obstacles

Orange w/ Black belts: Must army crawl down the mat weaving in and out of a set of cones

White w/ Blue belts: Must crab crawl down the mats with good crawling technique

*No elbows hitting the ground, backside off the floor

Blue w/ White belts: Must crab crawl down the mats moving over obstacles

Blue w/ Black belts: Must crab crawl down the mat weaving in and out of a set of cones