

Pre – Ninjas Skill Stripe Testing

Hopping

White w/ Yellow belts: Must perform 5 hops with both feet down the floor with good hopping technique between a set of cones

*Feet together, bend the knees before hopping, head up while you jump

Yellow w/ White belts: Must hop with both feet from ring to ring down the floor

Yellow w/ Black belts: Must hop from pad to pad with both feet 5 times without falling down the floor

White w/ Orange belts: 5 hops with both feet over 1 obstacle down a lane of cones

Orange w/ White belts: 5 hops with both feet over 2 obstacles down a lane of cones

Orange w/ Black belts: 5 hops with both feet over 3 obstacles down a lane of cones

White w/ Blue belts: Must perform hops down the floor on one foot

Blue w/ White belts: Must hop with one foot from ring to ring down the floor

Blue w/ Black belts: Must perform 5 hops on 1 foot in and out of a ring