

Pre – Ninjas Skill Stripe Testing

Kicking

White w/ Yellow belts: Must perform 10 snap kicks in the air, alternating legs, with good kicking technique.

***Hands up, knee bent before and after kick, eyes forward**

Yellow w/ White belts: Must perform 10 snap kicks on a square hand target, alternating legs, with good kicking technique.

Yellow w/ Black belts: Must perform 10 snap kicks on a square hand target, alternating legs while stepping down the mat, with good kicking technique.

White w/ Orange belts: Must kick 5 square hand targets while in the air, thrown by the instructor from 1 step away, with good kicking technique

Orange w/ White belts: Must kick 5 square hand targets while in the air, thrown by the instructor from 2 steps away, with good kicking technique

Orange w/ Black belts: Must kick 5 square hand targets while in the air, thrown by the instructor from 3 steps away, with good kicking technique

White w/ Blue belts: Must perform 5 snap kicks in the air without dropping their foot

Blue w/ White belts: Must perform 10 snap kicks in the air without dropping their foot

Blue w/ Black belts: Must perform 15 snap kicks in the air without dropping their foot

*****All Ninjas will have a kicking shield stood up on end to place one hand on to steady themselves for balance.**