

Pre – Ninjas Skill Stripe Testing

Punching

White w/ Yellow belts: Must perform 10 straight punches in the air, alternating arms, with good punching technique.

*Fists tight, other arm pulled tight to their side, eyes forward

Yellow w/ White belts: Must perform 10 straight punches on a square hand target, alternating arms, with good punching technique.

Yellow w/ Black belts: Must perform 10 straight punches on a square hand target, alternating arms while stepping forward down the mat, with good punching technique.

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

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

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

White w/ Blue belts: Must perform 5 left and right punches, calling out 'left hand' or 'right hand' correctly as they strike

Blue w/ White belts: Must perform 10 left and right punches, calling out 'left hand' or 'right hand' correctly as they strike

Blue w/ Black belts: Must perform 15 left and right punches, calling out 'left hand' or 'right hand' correctly as they strike