

Pre – Ninjas Skill Stripe Testing

Running

White w/ Yellow belts: Must run down the floor and back between a lane of cones with good running technique

*Take big steps when running, keep your head up so that you don't fall, watch where you are running.

Yellow w/ White belts: Must run down the floor running around obstacles

Yellow w/ Black belts: Must run down the floor weaving in and out of a lane of cones

White w/ Orange belts: Must run shuttle runs down the mat, picking up the cones as they go

Orange w/ White belts: Must run shuttle runs down the mat, putting down cones as they go

Orange w/ Black belts: Must run shuttle runs down the mat, picking up cones on the first run, and putting them back down on the second run

White w/ Blue belts: Must run down the mat and jump over one obstacle during the run without losing their balance

Blue w/ White belts: Must run down the mat and jump over two obstacles during the run without losing their balance

Blue w/ Black belts: Must run down the mat and jump over three obstacles during the run without losing their balance