

## Ninja and Dragon Requirements

Testing to	Kata	Fitness / direction drills	Kicks	Additional Requirements
White with gold /orange	Star block set with help	5 frog jumps 5 jumping jacks	Front Kicks	
White with purple/blue	Star block set independently	Above + Zig zags 1 foot jumps	Above + Side Kicks	
White with green/brown	Star block set independently	Above + Bear crawls	Above + Back Kick	
Gold with white	Star Block Set  Back fist, reverse punch, high round house kick combination	Above + 3 push ups 3 crunches	Above + Jump front kick	
Gold with red	Ninja Kata 1 with help	Above + 5 burpees  Knowing all listening positions	Above + Slide up Side kick	
Gold with orange	Ninja Kata 1 independently	Above + 5 push ups 5 crunches 5 burpees	Above + Flying side kick	
Gold with purple	Universal 1 with help	Above + 10 jumping jacks counting in Japanese	Above + Round house kick	
Gold with blue	Universal 1 independently	Above + Forward roll	Above + Hook kick	Kumite 1 with help
Gold with green	Universal 1 independently	Above + Backward roll	Above + Double round kick	Kumite 1 with help
Gold with brown	Universal 1 independently *some students will be on universal 2	Showing maturity to do all above requirements independently.	Showing maturity to do all above requirements independently.	Backward break fall Kumite 1 with help