



Little Ninja's Belt Testing Sheets

White and Orange Belt – White and Brown Belt



White and Orange Belt

1. Basic Stances

- Relaxed position
- Attention stance
- Ready position

2. Basic Hand Techniques

- Jab with the front hand
- Reverse punch with the back hand

3. Basic Feet Techniques

- Front kick with the front leg
- Roundhouse kick with the front leg

4. Basic Blocks

- Upper block with the front hand

5. Counter Techniques

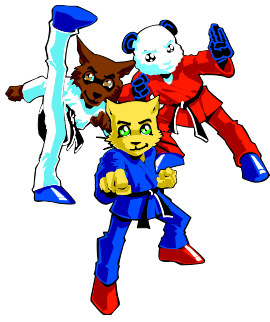
- Partner jabs to the head – Upper block with the front hand

6. Balance and Control

- Walk over 10 focus pads
(Showing focus, control and balance)

On belt testing day you will also be marked on your attitude and effort from all classes, as well as on your testing day. Students should have been put forward for testing by their Instructor. Students should have a current Martial Arts licence booklet. Students should have a full martial arts uniform and a current belt.





White and Green Belt

1. Basic Stances

- Relaxed position
- Attention stance
- Ready position
- Left leg guard stance
- Right leg guard stance

2. Basic Hand Techniques

- Jab with the front hand
- Reverse punch with the back hand
- Backfist with the front hand

3. Basic Feet Techniques

- Front kick with the front leg
- Roundhouse kick with the front leg
(Accurate on both stances)

4. Basic Blocks

- Upper block with the front hand
- Middle block with the front hand

5. Counter Techniques

- Partner reverse punches to the stomach – Middle block with the front hand

6. Balance and Control

- Jumping between 8 focus pads with feet together
(Showing focus, control and balance)

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White and Blue Belt

1. Basic Stances

- Relaxed position
- Attention stance
- Ready position
- Left leg guard stance
- Right leg guard stance

2. Basic Hand Techniques

- Jab with the front hand
- Reverse punch with the back hand
- Backfist with the front hand
- Ridgehand with the front hand

3. Basic Feet Techniques

- Front kick with the front leg
- Roundhouse kick with the front leg
- Side kick with the front leg

4. Basic Blocks

- Upper block with the front hand
- Middle block with the front hand
- Lower block with the front hand

5. Counter Techniques

- Partner front kicks with the front leg – Lower block with the front hand

6. Balance and Control

- Jumping on 8 focus pads with feet together
(Showing focus, control and balance)

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White and Purple Belt

1. Basic Stances

- Relaxed position
- Attention stance
- Ready position
- Left leg guard stance
- Right leg guard stance
- Horse riding stance

2. Basic Hand Techniques

- Jab with the front hand
- Reverse punch with the back hand
- Backfist with the front hand
(Accurate on both stances)
- Ridgehand with the front hand

3. Basic Feet Techniques

- Front kick with the front leg
- Roundhouse kick with the front leg
(Accurate on both stances)
- Side kick with the front leg

4. Basic Blocks

- Upper block with the front hand
- Middle block with the front hand
(Accurate on both stances)
- Lower block with the front hand

5. Counter Techniques

- Partner jabs to the head – Upper block with the front hand
- Partner reverse punches to the stomach – Middle block with the front hand

6. Balance and Control

- Jumping on and between 8 focus pads with feet together
(Showing focus, control and balance)

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White and Brown Belt

1. Basic Stances

- Relaxed position
- Attention stance
- Ready position
- Horse riding stance
- Left leg guard stance
- Right leg guard stance
- Switch guard stance

2. Basic Hand Techniques

- Jab with the front hand
- Reverse punch with the back hand
- Backfist with the front hand
- Ridgehand with the front hand

(Accurate on both stances)

3. Basic Feet Techniques

- Front Kick with the front leg
- Roundhouse kick with the front leg
- Side kick with the front leg

(Accurate on both stances)

4. Basic Blocks

- Upper block with the front hand
- Middle block with the front hand
- Lower Block with the front hand

(Accurate on both stances)

5. Counter Techniques

- Partner jabs to the head - Upper block with the front hand
- Partner reverse punches to the stomach – Middle block with the front hand
- Partner front kicks with the front leg – Lower block with the front hand

6. Balance and Control

- Jumping on and off the 8 focus pads performing kick on and off each pad.
(Showing focus, control and balance)

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