

# **Ninja Curriculum- Revised 06/14/2014**

## **White Belt- 10 Seconds Discipline**

1st black Stripe- Four Basic Blocks (X, rising block, duck, jump)

2nd black Stripe Kamsah #1-4 (w/guards)

3rd black Stripe Stranger Danger wrist escape

## **High-White Belt**

1st black Stripe- Four Basic Positions (X, guards, mountain block, attention)

2nd black Stripe- Kamsah #1-10

3rd black Stripe- All White Belt + High White Belt Curriculum + Fighting Stance To Front w/guards

## **Ninja Gold Belt**

1st black Stripe- Jayoo by mirroring w/instructor

2nd black Stripe- Jayoo by voice command (#1-12)

3rd black Stripe- Jayoo w/out assistance.

## **Ninja Orange Belt**

1st black Stripe- Front Punch, Step slide front punch, turn, repeat to back

2nd black back punch step-slide back, punch, turn, repeat to back

3rd black front kick, step-slide front kick, repeat to back + 3 Count Front Kick

## **Ninja Green Belt**

1st black Stripe- Front Ridge-hand

2nd black Stripe- Step Slide Front Punch, Back Punch, Front Ridge hand, turn and repeat to back

3rd black Stripe- Step Slide Front Punch, Front Kick, Back Punch

## **Ninja Purple Belt**

1st black Stripe- step-behind side kick

2nd black Stripe- Step Front Punch, Step-Behind Side Kick, Back Punch

3rd black Stripe- 4 count side kick

## **Ninja Blue Belt**

1st black Stripe- Left Fold and Right Fold

2nd black Stripe- Kamsah with Fold

3rd black Stripe- Reverse Sidekick and Graduation To Fusion Class