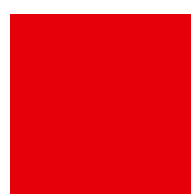




Ninja Belt Requirements Orange & Purple Stripes

Congratulations on being eligible to test for your new belt at Ichiban! The list below includes the requirements students will need to earn their red tip to progress towards a gold belt with a white and red stripe. Students need a minimum of 16 classes, positive work ethic and respect for classmates and instructors.

What to Practice at home:



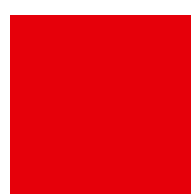
Kata: Ninja Kata 1
Bonus practice: Universal 1



10 Jumping Jacks, 5 frog jumps, 5 push ups,
5 burpees



Jab cross duck - switch - Jab cross duck



Rear leg front kicks	Jump Front Kicks
Lead leg side kick	Rear Leg Round Kicks
Slide up side kicks	

*Please sign up for a red tip test session with
Sensei Kaela on our Website*