

Little Ninjas - Orange Belt Requirements

PERSONAL AWARENESS

1. Student must know Left from Right (hand, arm, leg, foot)
2. Student must know the difference between Lead & Rear (hand, arm, leg, foot)
3. Student must be able to tie their own belt correctly.

STANCES

1. Attention Stance (feet together, hands to your side, back straight, eyes forward)
2. Fighting Stance (Left Lead)
3. Shoulder Stance (Feet shoulder width apart)

STRIKING - LEG TECHNIQUES

Shoulder Stance:

1. Front Kick (Both Legs, Alternating Legs - Strike with Ball of the foot)
2. Side Kick (Both Legs - Strike with Heel of the foot - foot horizontal)

Fighting Stance (Left Lead):

1. Front Kick (Rear Leg - Strike with Ball of the foot)
2. Side Kick (Lead Leg - Strike with Heel of the foot - foot horizontal - looking at target)
3. Round Kick (Rear leg)
4. Knee Strike (Rear Knee)

Seaweed (Blocking the Head, Feet together):

1. Up Kick (Strike with Heel of the foot - hips off the floor)
2. Side Kick (Strike with Heel of the foot - foot horizontal - looking at target)

STRIKING - HAND TECHNIQUES

Blocks:

1. Helmet

Shoulder Stance:

1. Horizontal Straight Punch (Single and Double)
2. Vertical Straight Punch (Single and Triple)

Fighting Stance (Left Lead):

1. Jab (Lead Hand)
2. Cross (Rear Hand)
3. Palm Strike (Rear Hand)
4. Slap (Lead Hand)

Hand Strike Combinations:

1. "1-2" Jab - Cross
2. Palm - Slap
3. Palm - Slap - Palm