

Mini Ninja Belt

Mini Ninja syllabus is for our younger students who may not have been training for very long or are not ready for the junior structure yet. We are only looking for the students to have a go and get used to the grading format. We are not looking for perfection just effort. They have a small exam with only a few techniques to do which are repeated throughout. We may also ask them to do a few extra moves – nothing they do not know.

Mini Ninja Yellow Belt

Kihon, Tsuki & Keri (Basic Techniques)

1. Tobikomizuki. (snap punch to face with front hand)
2. Gyakuzuki. (opposite punch to body with hand at side)
3. Maegeri (using back leg front kick up to centre of body)

Mini Ninja Orange Belt

Kihon, Tsuki & Keri (Basic Techniques)

1. Tobikomizuki. (snap punch to face with front hand)
2. Gyakuzuki. (opposite punch to body with hand at side)
3. Maegeri (using back leg front kick up to centre of body)

Mini Ninja Green Belt

Kihon, Tsuki & Keri (Basic Techniques)

1. Tobikomizuki. (snap punch to face with front hand)
2. Gyakuzuki. (opposite punch to body with hand at side)
3. Maegeri (using back leg front kick up to centre of body)

Mini Ninja Blue Belt

Kihon, Tsuki & Keri (Basic Techniques)

1. Tobikomizuki. (snap punch to face with front hand)
2. Gyakuzuki. (opposite punch to body with hand at side)
3. Maegeri (using back leg front kick up to centre of body)

Mini Ninja Purple Belt

Kihon, Tsuki & Keri (Basic Techniques)

1. Tobikomizuki. (snap punch to face with front hand)
2. Gyakuzuki. (opposite punch to body with hand at side)
3. Maegeri (using back leg front kick up to centre of body)

Mini Ninja Brown Belt

Kihon, Tsuki & Keri (Basic Techniques)

1. Tobikomizuki. (snap punch to face with front hand)
2. Gyakuzuki. (opposite punch to body with hand at side)
3. Maegeri (using back leg front kick up to centre of body)