



NINJA WOLF PACK SKILL STRIPE TESTING REQUIREMENTS

BEGINNER LEVEL TESTING REQUIREMENTS

Please note White Belts only have to participate in the Yellow 1 skill test to qualify for the Yellow 1 grading. They do not have passed any skill stripe test at the point of their training.

SKILL	WHITE BELT / YELLOW 1	YELLOW 2	YELLOW 3
Concentration	Will run through stances Pattern 1 (2) times and be tested on their concentration.	Will run through stances Pattern 1 (4) times and be tested on their concentration.	Will run through stances Pattern 1 (6) times and be tested on their concentration.
Perseverance	Must run through 1 full minute of push-ups and sit-ups.	Must run through 1 full minute each of squat-thrusts and round kicks.	Must run through 1 full minute of push-ups and sit-ups and 1 full minute each of squat-thrusts and round kicks.
Courage	Must dodge 6 pads thrown at them.	Must block 6 pads thrown at them.	Must alternate blocking and dodging 6 pads thrown at them.
Speed	Must front kick target 20 times in 30 seconds while putting foot down after each kick.	Must front kick target 25 times in 30 seconds while putting foot down after each kick.	Must front kick target 30 times in 30 seconds while putting foot down after each kick.
Technique	Must perform all techniques requirements for this grade listed in the Wolves Grading Syllabus.	Must perform all techniques requirements for this grade listed in the Wolves Grading Syllabus.	Must perform all techniques requirements for this grade listed in the Wolves Grading Syllabus.
Intensity	10 front kicks on the target getting better and more intense at each rep.	10 round kicks on the target getting better and more intense at each rep.	10 side kicks on the target getting better and more intense at each rep.
Commitment	Must attend 8 classes during term between gradings.	Must attend 9 classes during term between gradings.	Must attend 9 classes during term between gradings.



INTERMEDIATE LEVEL TESTING REQUIREMENTS

SKILL	BLUE 1	BLUE 2	BLUE 3
Concentration	Will run through blocking Pattern 1 (2) times and be tested on their concentration.	Will run through blocking Pattern 1 (4) times and be tested on their concentration.	Will run through blocking Pattern 1 (6) times and be tested on their concentration.
Perseverance	Will run through 5 ladder steps (Progressive stages from 1 to 5 continuous repetitions) of round house kick & double punching.	Will run through 5 ladder steps (Progressive stages from 1 to 5 continuous repetitions) of step in round house kick & double punching.	Will run through 5 ladder steps (Progressive stages from 1 to 5 continuous repetitions) of step back round house kick & double punching non-stop.
Courage	Must perform one foot break at a level 1 rating.	Must perform one foot board break at a level 1 rating different to Blue 1 board break.	Must perform one foot board break at a level 1 rating different to Blue 2 board break.
Speed	Must round house kick target 20 times in 30 seconds while putting foot down after each kick.	Must round house kick target 30 times in 25 seconds while putting foot down after each kick.	Must round house kick target 30 times in 30 seconds while putting foot down after each kick.
Technique	Must perform all techniques requirements for this grade listed in the Wolves Grading Syllabus.	Must perform all techniques requirements for this grade listed in the Wolves Grading Syllabus.	Must perform all techniques requirements for this grade listed in the Wolves Grading Syllabus.
Intensity	10 shuffle in front kicks on the target getting better and more intense at each rep.	10 shuffle in round kicks on the target getting better and more intense at each rep.	10 step in back kicks on the target getting better and more intense at each rep.
Commitment	Must attend 12 classes during term between gradings.	Must attend 12 classes during term between gradings.	Must attend 12 classes during term between gradings.



ADVANCED LEVEL TESTING REQUIREMENTS

SKILL	RED 1	RED 2	RED 3 / JUNIOR PROV BLACK BELT
Concentration	Will run through stepping Pattern 1 (2) times and be tested on their concentration.	Will run through stepping Pattern 1 (4) times and be tested on their concentration.	Will run through stepping Pattern 1 (6) times and be tested on their concentration.
Perseverance	Will run through 5 ladder steps (Progressive stages from 1 to 5 continuous repetitions) of 180's.	Will run through 5 ladder steps (Progressive stages from 1 to 5 continuous repetitions) of 45's.	Will run through 5 ladder steps (Progressive stages from 1 to 5 continuous repetitions) of jumping up back kicks.
Courage	Must perform one foot break at a level 2 rating.	Must perform one foot board break at a level 2 rating different to Red 1 board break.	Must perform one foot board break at a level 2 rating and perform one hand board break at level 1.
Speed	Must back kick target 20 times in 30 seconds while putting foot down after each kick.	Must back kick target 25 times in 30 seconds while putting foot down after each kick.	Must back kick target 30 times in 30 seconds while putting foot down after each kick.
Technique	Must perform all techniques requirements for this grade listed in the Wolves Grading Syllabus.	Must perform all techniques requirements for this grade listed in the Wolves Grading Syllabus.	Must perform all techniques requirements for this grade listed in the Wolves Grading Syllabus.
Intensity	10 repetitions of 180's on the target getting better and more intense at each rep.	10 repetitions of 45's on the target getting better and more intense at each rep.	10 repetitions of jumping up back kicks on the target getting better and more intense at each rep.
Commitment	Must attend 15 classes during term between gradings.	Must attend 15 classes during term between gradings.	Must attend 15 classes during term between gradings.