

# Lil' Ninjas: Belt Requirement Manual





# LZFMA: Lil Ninjas Curriculum

<b>Belts:</b> *used for goal setting*	<b>Pledge:</b> *recited at the start and end of each class*	<b>Training Goals:</b> *used to guide student training each class*
<ol style="list-style-type: none"><li>1. Yellow Belt (25 classes)</li><li>2. Orange Belt (30 classes)</li><li>3. Purple Belt (35 classes)</li><li>4. Green Belt (40 classes)</li><li>5. Red Belt (45 classes)</li><li>6. Black Belt</li></ol>	“We salute to the flag, and show respect, for our teachings, our parents, our classmates, and most of all, myself.”	<ul style="list-style-type: none"><li>● Power</li><li>● Speed &amp; Reaction</li><li>● Focus</li><li>● Precision &amp; Accuracy</li><li>● Recall</li></ul>



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## Dojo Rules, Procedures and Student Etiquette

### Attire, Personal Hygiene & Cleanliness

- Students should only use training equipment with permission & supervision
- Keep the dojo safe and clean by helping to put equipment away
- Put away shoes, coats, & bags in an organized fashion
- No jewelry should be worn when training (rings, bracelets, necklaces, earrings)
- Full uniform must be worn to class (LZFMA t-shirt, LZFMA pants & belt)
- Uniforms should be kept clean by consistent washing
- Toenails & fingernails should be trimmed short
- Long hair should be tied back
- Body should be kept clean (consistent showers & deodorant)
- Food or gum is not allowed on the mat

### Behavior

- Students should show respect & courtesy to other students & instructors at all levels, programs & dojos.
- Students should conduct themselves in a respectful & respectable manner both in and out of the dojo.
- Students are expected to be in class on time. If late, students should wait at the door and ask permission to enter class
- Students should use the restroom prior to the start of class. If absolutely necessary, students should ask permission to use the bathroom
- Students and instructors will bow at the edge of the mat each time they enter and/or leave the training area. The bow is similar to a handshake in showing respect toward the school, flags, fellow students, and instructors
- Students should use self-control with both their bodies & their uniforms
- Students should follow directions the first time, raise their hand when contributing to a conversation or asking a question and should respond “yes/no sir or ma’am” when asked for a response
- Students should never use skills outside dojo (including demonstrating/teaching techniques to friends, family members, etc)
- Students using skills inappropriately outside of dojo risk expulsion from the program/dojo
- Students should use appropriate language both in and out of the dojo
- All training must be supervised by an adult instructor. Students should not enter the mats without an adult instructor present



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	Listening Positions	Directions	Falling & Rolling	Blocks	Kicks	Strikes	Stances & Positions	Self Defense	Forms	Terminology
<b>Yellow</b>	#1-5	Left & Right	Back Fall (sitting)	High Block	Front Kick Stomp Kick	Hammer-Fist Strike	Horse Stance Fighting Stance			Bow
<b>Orange</b>			Back Fall (take a knee)		Forward Knee	Palm Strike	Straddle			Instructor
<b>Purple</b>			Front Fall (knees please)	Middle Block	Side Kick	Knife-Hand Strike	Front Ready		Ki-Bon #1-8 (feet only)	Attention
<b>Green</b>			Front Fall (from half-legs position, feet out)	Low Block	Back Kick Step Behind Side Kick	Elbow Strikes		Breakaway: (from wrist grab) 5 Steps	Ki-Bon #1-12 (feet only)	Korean Counting #1-10
<b>Red</b>			Forward Roll		Back Kick (advanced)	Center Punches Cross Punches			Ki-Bon #1-20 (feet only)	Japanese Counting #1-10
<b>Black</b>	All	All	All	All	All	All	All	All	All	All



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<b>Lil' Ninjas: YELLOW BELT</b>				
<b>Listening Positions (Yellow Tape)</b>	<b>Directions (Gray Tape)</b>	<b>Blocks (Green Tape)</b>	<b>Kicks (Blue Tape)</b>	<b>Strikes (Brown Tape)</b>
1. Criss Cross Ninja Sauce 2. Take a Knee 3. Attention 4. Half Legs 5. Knees Please	Left & Right	High Block	Front Kick  Stomp Kick	Hammerfist
<b>Stances (Orange Tape)</b>	<b>Falls (White Tape)</b>	<b>Self Defense (Purple Tape)</b>	<b>Terminology (Red Tape)</b>	<b>Forms (Black Tape)</b>
Horse Stance  Fighting Stance	Back Fall (sitting)	None	Bow = English Kunyeh = Korean Rei = Japanese	None



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<b>Lil' Ninjas: ORANGE BELT</b> *Designates new material at at this belt level.*				
<b>Listening Positions</b> (Yellow Tape)	<b>Directions</b> (Gray Tape)	<b>Blocks</b> (Green Tape)	<b>Kicks</b> (Blue Tape)	<b>Strikes</b> (Brown Tape)
1. Criss Cross Ninja Sauce 2. Take a Knee 3. Attention 4. Half Legs 5. Knees Please	Left & Right	High Block	<b>*Forward Knee*</b>  Front Kick Stomp Kick	<b>*Palm Strike*</b>  Hammerfist
<b>Stances</b> (Orange Tape)	<b>Falls</b> (White Tape)	<b>Self Defense</b> (Purple Tape)	<b>Terminology</b> (Red Tape)	<b>Forms</b> (Black Tape)
<b>*Straddle Stance*</b>  Horse Stance Fighting Stance	<b>*Back Fall</b> <b>(take a knee position)*</b>  Back Fall (sitting position)	None	<b>*Instructor = English*</b> <b>*Kyo Sa Nim = Korean*</b> <b>*Sensei = Japanese*</b>  Bow = English Kunyeh = Korean Rei = Japanese	None



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<b>Lil' Ninjas: PURPLE BELT</b> *Designates new material at at this belt level.*				
<b>Listening Positions</b> (Yellow Tape)	<b>Directions</b> (Gray Tape)	<b>Blocks</b> (Green Tape)	<b>Kicks</b> (Blue Tape)	<b>Strikes</b> (Brown Tape)
1. Criss Cross Ninja Sauce 2. Take a Knee 3. Attention 4. Half Legs 5. Knees Please	Left & Right	<b>*Middle Block*</b>  High Block	<b>*Side Kick*</b>  Forward Knee  Front Kick  Stomp Kick	<b>*Knife Hand*</b>  Palm Strike  Hammerfist
<b>Stances</b> (Orange Tape)	<b>Falls</b> (White Tape)	<b>Self Defense</b> (Purple Tape)	<b>Terminology</b> (Red Tape)	<b>Forms</b> (Black Tape)
<b>*Front Stance*</b>  <b>*Ready Stance*</b>  Straddle Stance Horse Stance Fighting Stance	<b>*Front Fall</b> (from knees-please position)*  Back Fall (take a knee position)  Back Fall (sitting position)	None	<b>*Attention = English*</b> <b>*Chariut = Korean*</b> <b>*Kitosuke = Japanese*</b>  Instructor = English Kyo Sa Nim = Korean Sensei = Japanese*  Bow = English Kunyeh = Korean Rei = Japanese	<b>*Kibon*</b> <b>#1-8</b>



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<b>Lil' Ninjas: GREEN BELT</b> *Designates new material at at this belt level.*				
<b>Listening Positions</b> (Yellow Tape)	<b>Directions</b> (Gray Tape)	<b>Blocks</b> (Green Tape)	<b>Kicks</b> (Blue Tape)	<b>Strikes</b> (Brown Tape)
1. Criss Cross Ninja Sauce 2. Take a Knee 3. Attention 4. Half Legs 5. Knees Please	Left & Right	<b>*Low Block*</b>  Middle Block  High Block	<b>*Back Kick*</b>  <b>*Step Behind Side Kick*</b>  Side Kick Forward Knee Front Kick Stomp Kick	<b>*Elbow Strike*</b>  Knife Hand Palm Strike Hammerfist
<b>Stances</b> (Orange Tape)	<b>Falls</b> (White Tape)	<b>Self Defense</b> (Purple Tape)	<b>Terminology</b> (Red Tape)	<b>Forms</b> (Black Tape)
Front Stance  Ready Stance  Straddle Stance  Horse Stance  Fighting Stance	<b>*Front Fall</b> <b>(from half-legs</b> <b>position - feet out)*</b>  Front Fall (from knees-please position)  Back Fall (take a knee position)  Back Fall (sitting position)	<b>Breakaway:</b> <b>From wrist grab</b> <b>Steps #1-5</b>	<b>*Korean Counting:</b> <b>#1-10...?*</b>  Attention = English Chariut = Korean Kitosuke = Japanese  Instructor = English Kyo Sa Nim = Korean Sensei = Japanese*  Bow = English Kunyeh = Korean Rei = Japanese	<b>*Kibon*</b> <b>#1-12</b>





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<b>Lil' Ninjas: RED BELT</b>				
<b>*Designates new material at at this belt level.*</b>				
<b>Listening Positions (Yellow Tape)</b>	<b>Directions (Gray Tape)</b>	<b>Blocks (Green Tape)</b>	<b>Kicks (Blue Tape)</b>	<b>Strikes (Brown Tape)</b>
1. Criss Cross Ninja Sauce 2. Take a Knee 3. Attention 4. Half Legs 5. Knees Please	Left & Right	Low Block  Middle Block  High Block	<b>*Back Kick (advanced)*</b>  Back Kick Step Behind Side Kick Side Kick Forward Knee Front Kick Stomp Kick	<b>*Center Punches*</b> <b>*Cross Punches*</b>  Elbow Strike Knife Hand Palm Strike Hammerfist
<b>Stances (Orange Tape)</b>	<b>Falls (White Tape)</b>	<b>Self Defense (Purple Tape)</b>	<b>Terminology (Red Tape)</b>	<b>Forms (Black Tape)</b>
Front Stance  Ready Stance  Straddle Stance  Horse Stance  Fighting Stance	<b>*Forward Roll*</b>  Front Fall (from half-legs position - feet out)  Front Fall (from knees-please position)  Back Fall (take a knee position)  Back Fall (sitting position)	Breakaway: From wrist grab Steps #1-5	<b>*Japanese Counting*</b> <b>#1-10</b>  Korean Counting: #1-10...?  Attention = English Chariut = Korean Kitosuke = Japanese  Instructor = English Kyo Sa Nim = Korean Sensei = Japanese*  Bow = English Kunyeh = Korean Rei = Japanese	<b>*Kibon*</b> <b>#1-20</b>