

# GRADING SYLLABUS



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# NINJA WHITE BELT

- Ready stance middle punch 10 times
- Sitting stance middle punch 10 times
- Push ups 5 times
- Stepping forward walking stance middle obverse punch 3 times, then stepping backwards 3 times .
- Stepping forward walking stance middle inner forearm block 3 times , then stepping backwards 3 times.
- Stepping forward walking stance low outer forearm block 3 times, then stepping backwards 3 times
- Stepping forward front snap kick landing in L-stance guarding block 3 times, turn around and 3 times back.
- Stepping forward exchange front kick landing L-stance guarding block 3 times, turn around and 3 times back.
- Stepping forward side piercing kick landing L-stance guarding block 3 times, turn around and 3 times back.
- Going forward jumping side kick landing L-stance guarding block 3 times, turn around going back 3 times.

## THEORY

- Meaning of Taekwondo The art of hand and foot fighting
- Founder of Taekwondo Major General Choi Hong Hi
- Where Taekwondo comes from South Korea
- Punch - Jirugi
- Front Kick - Ap Cha Busigi
- Side Kick. - Yop Cha jirugi

# NINJA YELLOW STRIPE

- Sitting stance double punch 5 times
- Leg raises 5 times right leg , change then 5 times left leg.
- Push ups 5 times
- Stepping forward walking stance middle obverse punch 3 times, then stepping backwards 3 times .
- Stepping forward walking stance middle inner forearm block 3 times , then stepping backwards 3 times.
- Stepping forward walking stance low outer forearm block 3 times, then stepping backwards 3 times .
- Stepping forward walking stance rising block 3 times, then stepping backwards 3 times.
- Stepping forward exchange front kick landing L-stance guarding block 3 times, turn around and 3 times back.
- Stepping forward side piercing kick landing L-stance guarding block 3 times, turn around and 3 times back.
- Going forward jumping side kick landing L-stance guarding block 3 times, turn around going back 3 times.
- Stepping forward Turning kick 3 times, turn around and 3 times back.

## THEORY

- Meaning of Taekwondo The art of hand and foot fighting
- Founder of Taekwondo Major General Choi Hong Hi
- Where Taekwondo comes from South Korea
- Punch - Jirugi
- Front Kick - Ap Cha Busigi
- Side Kick. - Yop Cha jirugi
- Turning kick - Dollyo Chagi
- Sitting stance - Annun sogi
- Block – Makgi

# NINJA ORANGE STRIPE

- Sitting stance double punch 5 times
- Leg raises 5 times right leg , change then 5 times left leg.
- Push ups 5 times
- Stepping forward walking stance middle obverse punch 3 times, then stepping backwards 3 times .
- Stepping forward walking stance middle inner forearm block 3 times , then stepping backwards 3 times.
- Stepping forward walking stance low outer forearm block 3 times, then stepping backwards 3 times .
- Stepping forward walking stance rising block 3 times, then stepping backwards 3 times.
- Stepping forward exchange front kick landing L-stance guarding block 3 times, turn around and 3 times back.
- Stepping forward side piercing kick landing L-stance guarding block 3 times, turn around and 3 times back.
- Going forward jumping side kick landing L-stance guarding block 3 times, turn around going back 3 times.
- Stepping forward side kick, back kick landing L-stance guarding block 3 times, turn around going back 3 times.

## THEORY

- Punch - Jirugi
- Front Kick - Ap Cha Busigi
- Side Kick. - Yop Cha jirugi
- Turning kick - Dollyo Chagi
- Back piercing kick - Dwitcha jirugi
- Sitting stance - Annun sogi
- Walking stance - Gunnun sogi
- Block - Makgi

# NINJA GREEN STRIPE

- Sitting stance double punch 5 times
- Leg raises 5 times right leg , change then 5 times left leg.
- Push ups 5 times
- Stepping forward walking stance middle obverse punch 3 times, then stepping backwards 3 times .
- Stepping forward walking stance middle inner forearm block 3 times , then stepping backwards 3 times.
- Stepping forward walking stance low outer forearm block 3 times, then stepping backwards 3 times .
- Stepping forward walking stance rising block 3 times, then stepping backwards 3 times.
- Stepping forward side piercing kick landing L-stance guarding block 3 times, turn around and 3 times back.
- Going forward jumping side kick landing L-stance guarding block 3 times, turn around going back 3 times.
- Stepping forward side kick, back kick landing L-stance guarding block 3 times, turn around going back 3 times.
- Going forward jumping turning kick , landing L-stance guarding block 3 times, turn around going back 3 times.

## THEORY

- Punch - Jirugi
- Front Kick - Ap Cha Busigi
- Side Kick. - Yop Cha jirugi
- Turning kick - Dollyo Chagi
- Back piercing kick - Dwitcha jirugi
- Flying high kick - Twimyo Nopi Chagi
- Sitting stance - Annun sogi
- Walking stance - Gunnun sogi
- L stance - Niunja Sogi
- Block - Makgi

# NINJA PURPLE STRIPE

- Sitting stance double punch 5 times
- Leg raises 5 times right leg , change then 5 times left leg.
- Push ups 5 times
- Stepping forward walking stance middle obverse punch 3 times, then stepping backwards 3 times .
- Stepping forward walking stance middle inner forearm block 3 times , then stepping backwards 3 times.
- Stepping forward walking stance low outer forearm block 3 times, then stepping backwards 3 times .
- Stepping forward walking stance rising block 3 times, then stepping backwards 3 times.
- Stepping forward side piercing kick landing L-stance guarding block 3 times, turn around and 3 times back.
- Stepping forward side kick, back kick landing L-stance guarding block 3 times, turn around going back 3 times.
- Going forward jumping turning kick , landing L-stance guarding block 3 times, turn around going back 3 times.
- Going forward flying high kick landing L-stance guarding block 3 times, turn around and 3 times back.

## THEORY

- Punch - Jirugi
- Front Kick - Ap Cha Busigi
- Side Kick. - Yop Cha jirugi
- Turning kick - Dollyo Chagi
- Back piercing kick - Dwitcha jirugi
- Flying high kick - Twimyo Nopi Chagi
- Sitting stance - Annun sogi
- Walking stance - Gunnun sogi
- 9. L stance - Niunja Sogi
- Block - Makgi

# NINJA BROWN STRIPE

- Sitting stance double punch 5 times
- Leg raises 5 times right leg , change then 5 times left leg.
- Push ups 5 times
- Stepping forward walking stance middle obverse punch 3 times, then stepping backwards 3 times .
- Stepping forward walking stance middle inner forearm block 3 times , then stepping backwards 3 times.
- Stepping forward walking stance low outer forearm block 3 times, then stepping backwards 3 times .
- Stepping forward walking stance rising block 3 times, then stepping backwards 3 times.
- Stepping forward side piercing kick landing L-stance guarding block 3 times, turn around and 3 times back.
- Stepping forward side kick, back kick landing L-stance guarding block 3 times, turn around going back 3 times.
- Going forward jumping turning kick , landing L-stance guarding block 3 times, turn around going back 3 times.
- Going forward flying high kick landing L-stance guarding block 3 times, turn around and 3 times back.
- Stepping forward L-stance guarding block 3 times, stepping backwards 3 times

## THEORY

- Punch - Jirugi
- Front Kick - Ap Cha Busigi
- Side Kick. - Yop Cha jirugi
- Turning kick - Dollyo Chagi
- Back piercing kick - Dwitcha jirugi
- Flying high kick - Twimyo Nopi Chagi
- Sitting stance - Annun sogi
- Walking stance - Gunnun sogi
- L stance - Niunja Sogi
- Block - Makgi
- inner forearm block - An palmok Makgi



# NINJA BLUE STRIPE

- Sitting stance double punch 5 times
- Leg raises 5 times right leg , change then 5 times left leg.
- Push ups 5 times
- Stepping forward walking stance middle obverse punch 3 times, then stepping backwards 3 times .
- Stepping forward walking stance middle inner forearm block 3 times , then stepping backwards 3 times.
- Stepping forward walking stance low outer forearm block 3 times, then stepping backwards 3 times .
- Stepping forward walking stance rising block 3 times, then stepping backwards 3 times.
- Stepping forward side piercing kick landing L-stance guarding block 3 times, turn around and 3 times back.
- Stepping forward side kick, back kick landing L-stance guarding block 3 times, turn around going back 3 times.
- Going forward jumping turning kick , landing L-stance guarding block 3 times, turn around going back 3 times.
- Going forward flying high kick landing L-stance guarding block 3 times, turn around and 3 times back.
- Stepping forward reverse Turning kick 3 times, turn around and 3 times back.
- Stepping forward L-stance guarding block 3 times, stepping backwards 3 times

## THEORY

- Punch - Jirugi
- Front Kick - Ap Cha Busigi
- Side Kick. - Yop Cha jirugi
- Turning kick - Dollyo Chagi
- Back piercing kick - Dwitcha jirugi
- Flying high kick - Twimyo Nopi Chagi
- Sitting stance - Annun sogi
- Walking stance - Gunnun sogi
- L stance - Niunja Sogi
- Block - Makgi
- inner forearm block - An palmok Makgi
- Reverse Turning kick - Banae Dollyo Chagi

# NINJA RED STRIPE

- Leg raises 5 times right leg , change then 5 times left leg.
- Push ups 5 times
- Stepping forward walking stance middle obverse punch 3 times, then stepping backwards 3 times .
- Stepping forward walking stance middle inner forearm block 3 times , then stepping backwards 3 times.
- Stepping forward walking stance low outer forearm block 3 times, then stepping backwards 3 times .
- Stepping forward walking stance rising block 3 times, then stepping backwards 3 times.
- Stepping forward side piercing kick landing L-stance guarding block 3 times, turn around and 3 times back.
- Stepping forward side kick, back kick landing L-stance guarding block 3 times, turn around going back 3 times.
- Going forward jumping turning kick , landing L-stance guarding block 3 times, turn around going back 3 times.
- Going forward flying high kick landing L-stance guarding block 3 times, turn around and 3 times back.
- 1Stepping forward reverse Turning kick 3 times, turn around and 3 times back.
- Stepping forward L-stance guarding block 3 times, stepping backwards 3 times

## THEORY

- Punch - Jirugi
- Front Kick - Ap Cha Busigi
- Side Kick. - Yop Cha jirugi
- Turning kick - Dollyo Chagi
- Back piercing kick - Dwitcha jirugi
- Flying high kick - Twimyo Nopi Chagi
- Sitting stance - Annun sogi
- Walking stance - Gunnun sogi
- L stance - Niunja Sogi
- Block - Makgi
- inner forearm block - An palmok Makgi
- Reverse Turning kick - Banae Dollyo Chagi

# NINJA BLACK STRIPE

- Leg raises 5 times right leg , change then 5 times left leg.
- Push ups 5 times
- Stepping forward walking stance middle obverse punch 3 times, then stepping backwards 3 times .
- Stepping forward walking stance middle inner forearm block 3 times , then stepping backwards 3 times.
- Stepping forward walking stance low outer forearm block 3 times, then stepping backwards 3 times .
- Stepping forward walking stance rising block 3 times, then stepping backwards 3 times.
- Stepping forward side piercing kick landing L-stance guarding block 3 times, turn around and 3 times back.
- Stepping forward side kick, back kick landing L-stance guarding block 3 times, turn around going back 3 times.
- Going forward jumping turning kick , landing L-stance guarding block 3 times, turn around going back 3 times.
- Going forward flying high kick landing L-stance guarding block 3 times, turn around and 3 times back.
- Stepping forward reverse Turning kick 3 times, turn around and 3 times back.
- Stepping forward L-stance guarding block 3 times, stepping backwards 3 times

## THEORY

- Punch - Jirugi
- Front Kick - Ap Cha Busigi
- Side Kick. - Yop Cha jirugi
- Turning kick - Dollyo Chagi
- Back piercing kick - Dwitcha jirugi
- Flying high kick - Twimyo Nopi Chagi
- Sitting stance - Annun sogi
- Walking stance - Gunnun sogi
- L stance - Niunja Sogi
- Block - Makgi
- inner forearm block - An palmok Makgi
- Reverse Turning kick - Banae Dollyo Chagi
- Low Section - Najunde
- Middle section - Kaunde
- High Section - Nopunde