



Getting Ready to Test

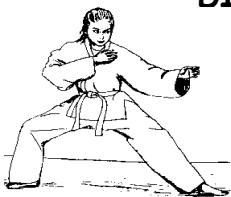
It seems everyone wants to test. But how do you get ready? A few simple things help anyone looking to test from Whitebelt through Blackbelt.

FOCUS is perhaps the most important. If you don't see it, you can't do it!

BASICS are the foundation for every move. Remember your stances (*kamae*).

DISCIPLINE shows you are in control of yourself and ready to move up.

KNOW your testing requirements.



Testing Requirements



9th Kyu

Front Roll (Ryote)
Back Roll (Shizen)
Pair Kaiten Roll
Tskui Punch
Omote Shuto
Ura Shuto
Open Door
Tobi
Step 45 back
Front Stomp Kick
Back Stomp Kick
Toe Kick
Ichimonji (Shizen)
Hicho
Chi no Kata
Sui no Kata

8th Kyu

Front Roll (Shoulder)
Back Roll (Ichimonji)
Pair Nagare Roll
Dive Roll
Omote Rollout
Ura Rollout
Tobi/Yoko Kaiten
4 - Cuts
Side Stomp Kick
Slide Stomp Kick
Ichimonji (Kamae)
Hicho (Shizen)
Omote Gyaku
Ura Gyaku
Ka no Kata
Shuriken Toss

7th Kyu

Cartwheels
Dive Through Roll
Reverse Roll
Front Roll/Stomp Kicks
Back Roll/Back Kicks
7- Cuts
Out and In
Step 45 Forward
Kick Defense
Double Grab
Omote tsuki
Omote from Punch
Jumonji
Ganseki Nage
Fu no Kata
Ku no Kata

6th Kyu

Sword Pick-up Roll
Rolls from Push
Front Roll/Shuriken Throw
Osoto Nage
Uke Nagashi
Run Through
Omote Knife Defense
Ken Nagashi Knife Defense
Katate Nage Knife Defense
Musha Dori
Kihon Happpo Combination
Sword Stances
Sword Cuts
Stances should be improved, such as bending knees and keeping the front foot straight.

As you move up in rank you still do lower kyu requirements but at a higher level. For example, at 7th Kyu you must improve your ichimonji, hicho, and basic rolling as well as knowing the 7th Kyu requirements. The way you move through your techniques is also very important. Moving up in rank means training harder and more often. Kyu requirements are merely a guide. Always train as if your life depended on it.

Someday it just might!



Remember: Next Belt Test--February 22nd

The Young Ninja Messenger

Martial Arts for Education

3391 Northern Blvd. NE

Rio Rancho, NM 87124

(505) 892-2606

<http://nm-ninjakids.org/>



Russell and Bradley helped Robert-sensei show some basic Samurai sword-work at the Library based on the *Star Wars Saga*. Students saw various swords, got to make swords, and practice some moves.

Spring Schedule

February 22nd—Belt Tests

March 29th—April 3rd
Spring Break-No Classes

April 17th
Awards & Demo Night

February Birthdays

David
Sienna
Megan
Alex
Valeria
Giovanni
Aurelia
Daniel
Owen
Maddox
Mason
Conor

Over 25 Years of Ninja & Samurai Arts
Focus on Basics for Testing!



Many want to test but just a few are ready. What makes a student ready to move up in rank? The most important thing is to focus and train consistently. That means that if you are doing kicks, rolls, warm-ups, or techniques, try to do each movement the best you can. Keep your discipline and don't let others distract you. If you train in each class like you are testing—you soon will! Remember every class is a step to Blackbelt.

Don't forget Awards/Demo Night 4/17/20