

# NINJA ACHIEVEMENT PATCH REQUIREMENTS

<p>January Ninja Skill: Kicking</p> 	<p>February Ninja Skill: Teamwork</p> 	<p>March Ninja Skill: Kamae</p> 	<p>April Ninja Skill: Respect</p> 
<p>May Ninja Skill: Belt Tying</p> 	<p>June Ninja Skill: Focus</p> 	<p>July Ninja Skill: Zan-Shin</p> 	<p>August Ninja Skill: Discipline</p> 
<p>September Ninja Skill: Rolling</p> 	<p>October Ninja Skill: Student Creed</p> 	<p>November Ninja Skill: Fist</p> 	<p>December Ninja Skill: Confidence</p> 

Bonus patches:



Stretching



Sword Avoidance



Attendance

# NINJA ACHIEVEMENT PATCH REQUIREMENTS

Congratulations on working toward your Ninja Achievement Patch! This program further supports the lessons your child learns while on the mat, and rewards the students for hard work, concentration and dedication.

Ninja patches are made to be earned throughout the year. One patch skill will be featured per month, but many of the patches take longer than one month to complete requirements. When students have skills down, they may see the instructor for a mat chat and patch test. If your child can perform the skill, the patch will be presented in the next class.

Thank you for being part of the NPMAC family- we are honored to support your child on their journey to Black Belt!!

## REQUIREMENTS:

**January:** (Kicking) Can perform the following kicks on both legs keeping balance, hands up and with good taijutsu form: stomp kick, heel hook kick, toe stab kick, knee-point kick, rising shin kick, back kick

**February:** (Teamwork) Can show proper bow facing another student at the dojo, can show a lower belt student where the cards are and where they will find attendance cards (why is there a top level and bottom level), can show a lower belt student where the intention sticks are and the meaning of them

**March:** (Kamae) Can name the 4 kamae for Earth, Water, Fire and Wind; can show positioning *relative to an uke* in each of the four kamae; can move from each kamae and describe briefly the feeling of the kamae

**April:** (Respect) Is using 'Sir' and 'Ma'am' in class; is treating themselves with respect confidence (according to parents) and is showing respect at home by listening when talked to and using manners (according to parents)

**May:** (Belt tying) Can properly tie belt on their own. See belt tying document for additional help.

**June:** (Focus) Can name the three parts of the body to pay attention (focus) with (eyes, ears, brain) and can use focus to see where trouble is and avoid the trouble via the duck, jump, open the door drill

**July:** (Zan-Shin) Can show alertness using the 5 D's; tested via two kata from class, student must complete the 5 D's in the defense, not just do the kata and drop hands or back away unaware.

**August:** ( Discipline) As verified by parents, must make good choices at home by keeping room clean, turning in homework on time at school and eating healthy foods at meals.

**September:** (Rolling) Show a forward shoulder roll, backwards roll and side roll without head touching ground.

**October:** (Student creed) Can say the entire student creed on their own

**Novemer:** (Fist) Can show shakoken (palm and finger claw), fudoken (closed fist), shuto (open hand edge)

**December:** (Confidence) As verified by parents, is showing confidence by walking with tall posture and looking people in the eye when speaking

**Extra credit patches:**

**Stretching-** can show seating stretch for hamstrings, standing stretch for quads and standing hip opening stretch

**Sword avoidance-** can do the duck, jump and open the door drill in a movement fashion from a single swordsman moving on the mat

**Attendance-** has attended two classes per week for two months without missing a week