

Tip Test Guidelines for Instructors

From the beginning of 2019 these will be our new guidelines on tip testing. Instructors have the ability if they feel the need arises to deviate a little if it is justified

The way Tip Testing will Now work

Ninja Tikes – 3-5 Years

This will be done in 2 sections on the day they train

10 Minutes – Technical (Blocks, Stances)

10 Minutes – SDF (basic Releases from Grabs as needed on the up coming Test)

10 Minutes – Basic Kicks as requested for the up coming Test

Ninja Warriors – 6-12 Years & Mixed Ages & Adults

This is to be done in 3 sections on the day they train

10 Minutes – Technical (Blocks, Stances, Patterns)

15 Minutes – SDF (One Step, Self Defence)

10 Minutes – Kicking which are required for the up coming Test

We Will be using the following Tips to represent stages achieved

Yellow Tips – These are to be used for the Technical section

To show competency in this area to grade you will require 2 yellow tips, if we are seeing insufficient knowledge then no tip is awarded however if we see progress but not quite enough for a belt test then 1 tip is awarded

Blue Tips – These are for SDF sections

As in the Yellow Tips they are awarded on the same Abilities

Black Tips – These are awarded based on Kicking abilities

As in the Yellow and Blue Tips they are awarded on the same Abilities

SO – IN ORDER TO GRADE THE STUDENT MUST HAVE ALL SIX TIPS

In the event the tips clash with the full colour of your belt we will use White Tips

Grading Syllabus

Low grades – Novice

Going for Yellow Stripe

- 10 Basic Movements
- Short Stances on the spot – Low, Outer Middle, High Blocks
Must perform correctly on one side then on the other
- Kicks – Front, Snap, Axe

Going for Yellow Belt

- Moving Forward Long Stances –
Low Block & Punch Combo – Same with High Blocks and Outer Middle Block
- Basic Releases From Twin Collar Grabs
- Kicks – Turning, Side, Back
- Basic one for one kicking with partner – No contact

Going for Green Stripe

- Moving forward Back Stances Single Knife Block and Twin Knife Block
- Basic releases from Twin Wrist Grabs
- Kicks – Hook, Reverse Turning, Step up Turning, Counter Snap
- Free sparring with padding on making controlled contact

Going for Green Belt

- Moving forward and Back in Back Stances Single Knife Block and Twin Knife Block
- Moving Forward and backwards in Long Stances –
Low Block & Punch Combo – Same with High Blocks and Outer Middle Block
- Basic releases from Twin Wrist and collar Grabs
- Kicks – Demonstrate 5 Kicks from pervious tests as requested by examiner
- Free sparring with padding on making controlled contact

Grading Syllabus

Intermediate grades

Going for Blue Stripe

- Pattern Number 3
- Basic One Step Attack and Defend
- Kicks – Snap & Spin Snap Combo – Turning & Reverse Turning Combo
Double up Snap & Back Kick Combo
- SDF – Release from Twin Collar and Twin Wrist grabs and finishes
- One for One Kicking with partner with padding on
- Free Sparring with Partner with padding on

Going for Blue Belt

- Pattern Number 4
- Basic One Step Attack and Defend showing at least 4 Basic Finishes
- Kicks – Counter Snap Kick, Counter Back Kick, Counter Reverse Turning
- 1 x One minute round on pad demonstrating variety and knowledge
- Balancing Side kick
- SDF – Release from Side Soulder Grab and Rear Twin Wrist Grabs & Finish
- One for One Kicking with partner with padding on
- Free Sparring with Partner with padding on

Going for Red Stripe

- Pattern Number 5
- Basic One Step Attack and Defend showing at least 8 Basic Finishes
- Hands & Stance – 4 Directional routine 1
- 2 x One minute round on pad demonstrating variety and knowledge
- Balancing Back kick
- SDF – Defence from Punch to Face and Overhead Strike & Finish
- One for One Kicking with partner with padding on
- Free Sparring with Partner with padding on

Going for Red Belt

- Pattern Number 6
- Basic One Step Attack and Defend showing at least 8 Basic Finishes
- Hands & Stance – 4 Directional routine 1 & 2
- 2 x One minute round on pad demonstrating variety and knowledge
- Board break – Front kick, Side Kick, Middle Punch
- SDF – Defence from Punch to Face and Overhead Strike & Finish
- One for One Kicking with partner with padding on
- Free Sparring with Partner with padding on 2 rounds

Grading Syllabus

High grades

Going for Black Stripe

- Pattern Number 4 – 7
- Basic One Step Attack and Defend showing at least 8 Basic Finishes
- Hands & Stance – 4 Directional routine 1, 2 & 3
- 2 x One minute round on pad demonstrating variety and knowledge
- Board break – Axe Kick, Back Kick, Forward Elbow Strike
- SDF – Release from Front Choke, evading from a knife forward thrust & Finish
- One for One Kicking with partner with padding on
- Free Sparring with Partner with padding on 3 rounds

Going for Black Belt

- Pattern Number 4 – 8
- Basic One Step Attack and Defend showing at least 12 Finishes
- 3 x One minute round on pad demonstrating variety and knowledge
- Breaking – Choice of Hand and choice of Kick
- SDF – Release from any of previous belt tests chosen by examiner
- One for One Kicking with partner with padding on
- Free Sparring with Partner with padding on 3 rounds