

# THE WARRIOR FACTORY NINJA BAND SYSTEM



## LVL 1. - WHITE BAND

NOVICE NINJA

NO MINIMAL SKILL REQUIRED

## LVL 2. - YELLOW BAND

NOVICE NINJA

- 1. MONKEY BARS:** Matching 2'
- 2. MONKEY BARS:** Hand over hand 2'
- 3. LANDINGS:** Standard & Slap Out (HT)
- 4. QUAD STEPS:** (short) 1' up 2' over
- 5. WARPED WALL (8'):** Climb up
- 6. SAFETY VAULT:** Dominant Hand
- 7. ROPE SWING:** To platform with knot
- 8. BALANCE BEAMS:** 3 Balance Beams Staggered
- 9. PRECISIONS:** 2' precision from trainer to beam
- 10. HORIZONTAL BARS:** Shimmy & hand over hand
- 11. CAT GRABS:** From box to 4' away

## LVL 3. - ORANGE BAND

INTERMEDIATE NINJA

- 1. PRECISION TO RAILS:** 3' from trainer to rail
- 2. BALANCE RAILS:** 4 rails staggered
- 3. RINGS:** Entire length of stag
- 4. HORIZONTAL WALL RUN** – Same setup as class
- 5. TACS:** 4' precision to platform
- 6. LACHE TO CAT GRAB:** 5'
- 7. VERTICAL WALL RUNS:** (6-8 touch top red stripe), (9+ touch high bar)
- 8. TRAPEZE:** Swing for 10 seconds & dismount to platform
- 9. TRAMPOLINE:** Tramp to bar
- 10. MONKEY VAULT:** Age dependent/height
- 11. WARPED WALL:** 10' no climb up (6-8y.o., 9') (9+ y.o., 10')

## LVL 4. - GREEN BAND

INTERMEDIATE NINJA

- 1. HOLDS:** 3 cannonballs & 2 cones
- 2. WARPED WALL:** 10' with climb up
- 3. KONG VAULT:** Box used is height dependent
- 4. LACHES:** (3) 5' Laches in a row
- 5. STRIDES INTO TALLEST BAR**
- 6. BIG CLIFFHANGER TO RING TOSS**
- 7. UNDERBAR**
- 8. ROPE CLIMB**
- 9. WING NUTS:** Complete wingnut with any technique
- 10. MINI TRAMP TO BAR:** Tramp 50" away from trapeze



