

Statesboro | Richmond Hill | Swainsboro

# Boro Martial Arts



LIL' NINJAS

**This Manual Belongs To:** \_\_\_\_\_

White Belt Date Received: \_\_\_\_\_

Orange Stripe Belt      Test Date: \_\_\_\_\_

Blue Stripe Belt      Test Date: \_\_\_\_\_

Green Stripe Belt      Test Date: \_\_\_\_\_

**Brown Stripe Belt**      Test Date: \_\_\_\_\_

Red Stripe Belt      Test Date: \_\_\_\_\_

# Bowing In and Out of Class

<p><b>Chumbe</b> (ready) “We are Champions Sir”</p>	
<p>Charyut (<b>attention</b>) “I’m a Winner Sir”</p>	
<p>Kyung Nae (salute flags) “Future Black Belt Sir”</p>	
<p>Kyung Nae (bow) “Future Black Belt Sir”</p>	
<p><b>Chumbe</b> (ready) “We are Champions Sir”</p>	



## Learn the appreciation form practice blocks...



1 sir



2 sir



3 sir



4 sir



5 sir



6 sir



7 sir



8 sir



9 sir



10 sir

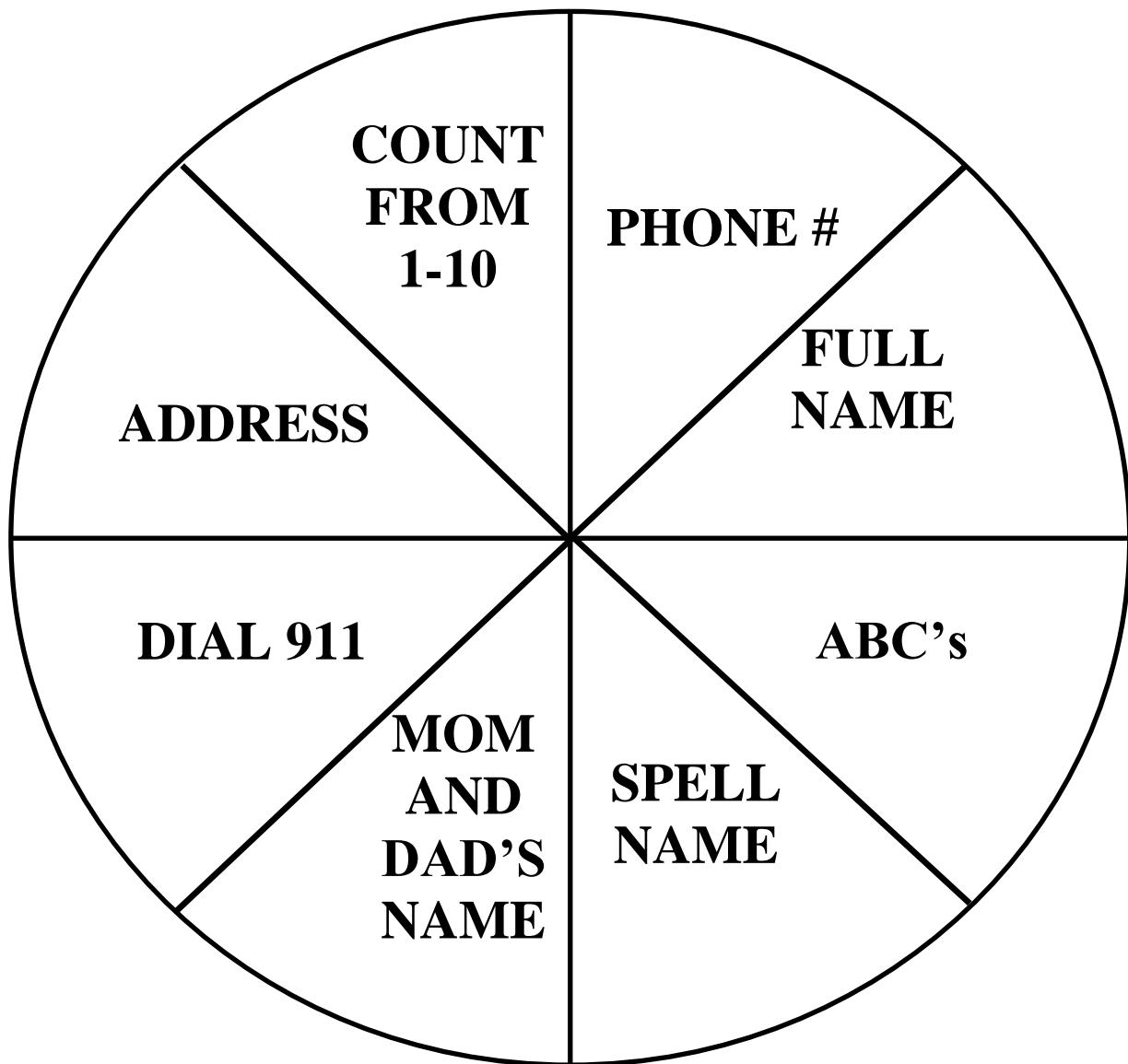


11 sir



12 sir

LEARN ALL OF THE INFORMATION BELOW. IF YOU NEED HELP ASK MOM AND DAD. AFTER YOU LEARN EACH SECTION, COLOR IT IN. AFTER ALL SECTIONS ARE COLORED PLEASE RETURN TO YOUR INSTRUCTOR.



**LIL NINJAS**  
**ORANGE STRIPE BELT REQUIREMENTS**

**Red Stripe**

**Positions – Joonbi, Attention, Bow**

**Stances – Fighting Stance, Turtle in a shell, Defensive stance**

**Strikes – Jab (left hand), Reverse punch (right hand)**

**Blocks – High Block, Low Block**

**White Stripe**

**Stretches – Pike Stretch, L – Stretch**

**Kicks – Scoop kick, Front kick, High Kick**

**Balance – Arms out to the sides, eyes up, walk forward**

**Animal Crawls – Bear crawl, Bunny hop, Frog hop**

**Self-Defense**

**Wrist Releases- Right- Elbow to elbow and out, Left- Thumb up, hitch hike, Double Hand- Pray, box ears**

**Front Choke #1 - Superman pluck scoop kick to the groin**

**Blue Stripe**

**Testing paper work turned in**

**Review of all curriculum**

**Know the instructors name**

**Know how to say “Thank You and You’re Welcome”**

**Know how to pick up phone and dial 911**

**Know when it is ok to use karate**

**Life skill – Dial 911 / Be a good listener**

**In an EMERGENCY Lil' Ninjas know how to dial:**

**911**

**POLICE- FIRE-MEDICAL**



**LIL NINJAS**  
**BLUE STRIPE BELT REQUIREMENTS**

**Red Stripe**

**Stances – Listening stance, Horse stance**

**Strikes – Hook Punch (Stir the soup)**

**Blocks – Inside block, Outside block**

**White Stripe**

**Stretches – Pike stretch, L stretch, Split stretch**

**Kicks –Ax kick, Mule kick**

**Combinations – Jab, Reverse punch and any of the following kicks:  
Scoop kick, Front kick, Ax kick, Mule kick**

**Summersaults – Two feet on cheese mat, One foot on cheese mat**

**Self-Defense**

**Knee- Make a necklace, over partners neck, squeeze tight, knee to nose**

**Form – Joonbi, slide up attention, bow, joonbi.**

**Fold inside blocks / one sir**

**Block / two sir**

**Fold outside blocks / three sir**

**Block / four sir**

**Blue Stripe**

**Testing paperwork turned in**

**Review of all curriculum**

**Introducing yourself**

**Stranger awareness “what is a stranger” and know phone number**

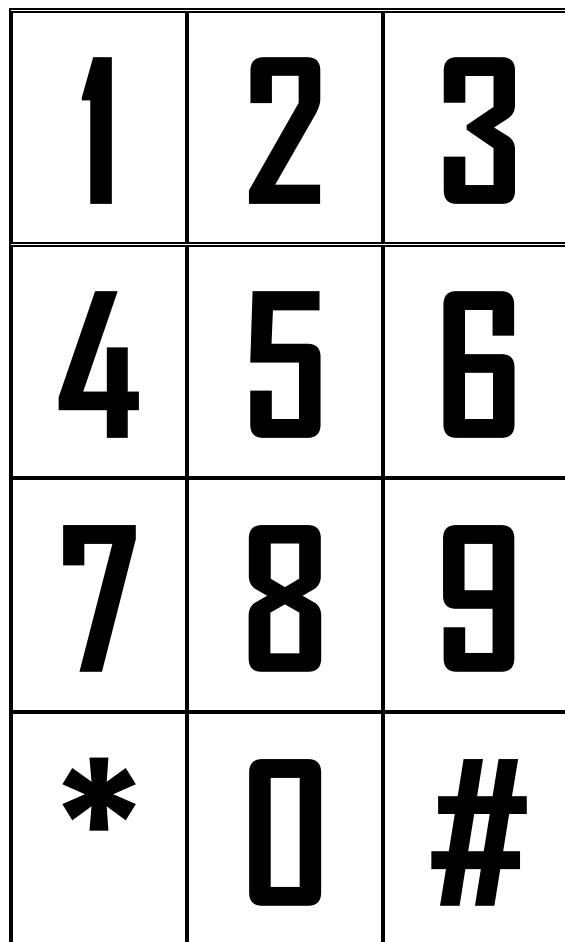
**Life skill – Treating others with respect / Clean up**

# Writing Your Phone Number

Write your phone number in the space below:

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Practice dialing your number using the numbers below. Then color all the numbers that are in your phone number.



**LIL NINJAS**  
**GREEN STRIPE BELT REQUIREMENTS**

**Red Stripe**

**Stances - Lock it up, Front stance**

**Strikes – Hammer Fist**

**Blocks – High block, Low block, Inside block, Outside block (Review)**

**White Stripe**

**Stretches – Pike stretch, L stretch, Split stretch, Butterfly stretch**

**Kicks – Standing round kick, Spinning round kick**

**Combinations – Left hand any block called, Right hand reverse punch  
Finish with round kick.**

**Summersaults – No feet on cheese mat**

**Balance - walk forward and backward, hands out to the side, eyes up**

**Form – Joonbi, slide up attention, bow, joonbi.**

**Fold inside blocks / one sir**

**Block / two sir**

**Fold outside blocks / three sir**

**Block / four sir**

**Fold high blocks / five sir**

**Block / six sir**

**Blue stripe**

**Testing paperwork turned in**

**Review of all curriculum**

**Know Home address**

**Stranger awareness “Don’t take things from strangers”, “Don’t talk to stranger”**

**Life skill - Respect**

# Know Your Home Address

Help the Lil" Ninjas find their way home.



Then wright your street address in the space below:

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**LIL NINJAS**  
**BROWN STRIPE BELT REQUIREMENTS**

**Red stripe**

**Stances – Review of all stances**

**Strikes – Palm Strike**

**Blocks –Knife hand block**

**White stripe**

**Stretches – Big Hurt**

**Kicks – Standing side kick, Spinning side kick, Flying Side**

**Combinations – Jab, reverse punch, left hook punch, right hook punch, and any of the following kicks**  
**Scoop kick, Front kick, Ax kick, Mule kick, Round kick, side kick**

**Summersaults – Backwards w/ cheese mat**

**One push ups**

**Form - Joonbi, slide up attention, bow, joonbi.**

**Fold inside blocks / one sir**

**Block / two sir**

**Fold outside blocks / three sir**

**Block / four sir**

**Fold high blocks / five sir**

**Block / six sir**

**Fold knife hand blocks / seven sir**

**Block / eight sir**

**Blue Stripe**

**Testing paper work turned in**

**Review of all curriculum**

**Fire Safety**

**Life skills – Polite greeting, introducing yourself**

# FIRE SAFETY



LIL' NINJAS KNOW THESE  
SAFETY TIPS

Don't play with matches

Make sure there are  
working smoke alarms –  
one on every level – test  
them every month

Plan two escape routes  
from each room in your  
home. Don't Hide, get  
outside!

Pick a family outside  
meeting place a safe  
distance away from the  
house

If you're ever on fire,  
**STOP, DROP, & ROLL!**

## — STOP, DROP AND ROLL —

If your clothing catches on fire, you should

1. Stop where you are
2. Drop to the ground
3. Roll over and over until the fire is out



### Stop



### Drop



### Roll

Color each of the pictures and words.  
Draw a line from each word to the right picture.

**LIL NINJAS**  
**RED STRIPE BELT REQUIREMENTS**

**Red stripe**

**Stances – Back stance**

**Strikes – Knife Hand Chop**

**Blocks – Reinforced High Block, Reinforced Low Block**

**White stripe**

**Stretches – Touch your toes into split**

**Kicks – Stepping front kick across the mat, Spinning round kick across the mat.**

**Combinations – Any block called (left hand), Reverse punch (right hand)  
With a Stepping front kick or Scoop kick or Spinning round kick  
Across the mat.**

**Summersaults – Running w/ cheese mat**

**Three push ups**

**Form - Joonbi, slide up attention, bow, joonbi.**

**Fold inside blocks / one sir**

**Block / two sir**

**Fold outside blocks / three sir**

**Block / four sir**

**Fold high blocks / five sir**

**Block / six sir**

**Fold knife hand blocks / seven sir**

**Block / eight sir**

**Fold low blocks / nine sir**

**Block / ten sir**

**Slide up attention / thank you sir.**

**Bow**

**Blue Stripe**

**Testing paper work turned in**

**Review of all curriculum**

**Stranger awareness (review)**

**Life skills – Discipline and Self discipline**

**LIL NINJAS  
BLACK STRIPE BELT REQUIREMENTS**

**Red Stripe**

**Stances – Review all stances**

**Strikes – Ridge hand**

**Blocks – Review all blocks**

**White Stripe**

**Stretches – Review all stretches and know names**

**Kicks – Review all kicks both legs and stepping across the mat**

**Combinations – Any block called (left hand), Reverse punch (right hand)  
With any kick called across the mat.**

**Summersaults – Forward roll on big blue mat. Starting with feet off the mat  
Running forward roll on big blue mat**

**Five push ups**

**Board Breaking – Hammer fist and front kick breaks, run and jump front kick  
Into bag.**

**Form – Review previous form**

**Blue Stripe**

**Testing paper work turned in**

**Review of all curriculum**

**Stranger awareness “Self Defense”**

**Life skills – Finish self-discipline and respect**