



Getting Ready to Test

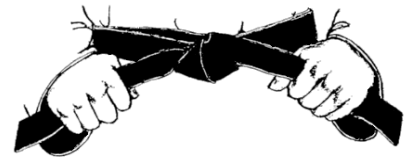
It seems everyone wants to test. But how do you get ready? A few simple things help anyone looking to test from Whitebelt through Blackbelt. Everyone has strengths and weaknesses but each of us can work on the following skills.

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
Back Roll
Pair Kaiten Roll
Tskui Punch
Omote Shuto
Ura Shuto
Basic Boxing Skills
Open Door Muto
Step 45 back
Front Stomp Kick
Back Stomp Kick
Toe Kick
Ichimonji (Shizen)
Hicho (Kamae)
Chi no Kata
Sui no Kata

8th Kyu

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

7th Kyu

Cartwheels
Dive Through Roll
Reverse Roll
Front Roll/Stomp Kicks
Back Roll/Back Kicks
7- Cuts
Out and In
Impact Training
Kick Defense
Double Grab
Omote tsuki
Omote Variations
Jumonji
Ganseki Nage
Fu no Kata
Ku no Kata

6th Kyu

Sword Pick-up Roll
Rolls from Push
Front Roll/Shuriken Throw
Front, Back, Dive Rolls
Osoto Nage
Uke Nagashi
Run Through
Omote Knife Defense
Ken Nagashi Knife Defense
Katate Nage Knife Defense
Musha Dori
Oni Kudaki
Kihon Happo Combination
Mass Attack
Sword Stances
Sword Cuts/Blocks

★ How Our Belt Ranking System Works ★

Martial Arts for Education follows a traditional Japanese system of belt ranking. Our belt ranks are recognized by the *Bujinkan* based in Japan which oversees the teaching of *Budo Taijutsu* around the world. Unlike many of the sport martial arts we do not have the rainbow array of belt colors. We only have white, green, and black belts. Whitebelts are considered 10th *Kyu* and when they pass the first test they move on to the first level of greenbelt which is 9th *Kyu*. The higher the rank the lower the *Kyu*. First *Kyu* is the highest greenbelt rank followed by 1st Degree Blackbelt. After that the ranks go up—2nd Degree, 3rd Degree Blackbelt, etc. Robert Sensei is a 15th Degree Blackbelt and a *Daishihan*.

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—always bending your knees and using lower body power. 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
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<http://nm-ninjakids.org/>



First Class of 2025
 at Sabana Grande Rec. Center



Bradley keeps everyone moving with Reaction Drill at Anchor Point.

Training in 2025
 *Sabana Grande Rec. Center
 *Anchor Point Church Annex
 *Enchanted Hills Elementary

Sabana Grande Rec. Center—Saturdays

9am—Basics
 10am—Greenbelts
 11am—7Up/High Ranks

Anchor Point Church Annex—Tuesdays

Basics—5:30 to 6:15pm
 Greenbelt—6:30 to 7:15pm
 Adults—7:30 to 8:45pm

Enchanted Hills Elementary—Wednesdays

Basics—4pm to 4:45

TRAIN OFTEN—TRAIN HARD!

Students are welcome to mix and match classes at any of the three locations. We work with parents to ensure that students get the most from our program. Please make-up missed classes at any location or we can pro-rate the monthly fee. Consistent training pays off! *Ganbatte!*

February Birthdays

Tohbi
 Owen
 Donovan
 Asher
 Jaden
 Japhet
 Silas



Happy Birthday!

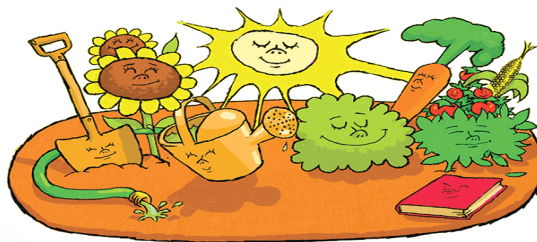
Akemashite Omedeto
 Happy New Year



Back at Enchanted Hills Elem.

Blackbelt Training in 2025

Last year 4 students reached Blackbelt level. With two 1st Kyu Greenbelts Blackbelt training continues! This process raises the level of training for everyone. These students have been training for a long time and are ready to take the step to becoming a certified Blackbelt recognized by the *Bujinkan* based in Japan. Although it is just one step it is an important one. Blackbelts are able to teach *Budo Taijutsu* and rank students up to one rank below theirs. *Lets have a great year of hard training in 2025!*



Making a Spring Garden Is a Ninja Survival Skill!

Summer Program
 June/July 2025
 Martial Arts
 Archery and More!

Spring Schedule

February 22
 Belt Test

April 12th/13th
 Moonlight Training

April 19th
 Awards & Demo Day

May 17th
 Belt Test

May 18th
 Archery Day Camp

Don't forget Awards/Demo Day Saturday April 19th