**Child Development: Little Ninjas  
Ages 4-5**

May Skill Stripe: Control June Skill Stripe: Memory   
- Control Your Body - Short Term Memory  
- Control Your Heart - Long Term Memory  
- Control Your Power - Sensory Memory   
- Control Your Speed - Reactive Memory

July Skill Stripe: Balance August Skill Stripe: Discipline   
- Balance While Standing - Being Still  
- Balance While Kicking - Paying Attention  
- Balance While Walking - Following Directions  
- Balance While Jumping - Self-Discipline

***Martial Arts Techniques***

Floor Drill with Stances

* Front stance moving forward
* Front stance moving backwards
* Middle stance moving down floor

Floor Drill with Strikes

* Front stance with punch
* Middle stance with knife-hand strike

Floor Drill with Kicks

* Front Kicks alternating legs in front stance
* Right leg side kick in middle stance
* Left leg side kick in middle stance

Floor Drill with Blocks

* Front stance with high block
* Middle stance with muscle block

***Ninja White & Yellow Belt Form: Star Block Set***“Up, In, Out, Touch, Down, Back, Push with Yell”  
Perform with left side, right side, then both sides together

***Ninja Orange and up Form***: **Jinheung** (“Chin Han”) – A king who established the Hwarang (Flower Youth). The HwaRang became such prolific warriors that unified the country in the process and bringing peace to Korea.

Left Front Kick, land in left front stance left high block, right palm heel, left muscle block, right knifehand (yell)  
Right front kick, land in right front stance right high block, left palm heel, right muscle block, left knifehand (yell)  
Step right foot back to left front stance left high block, right palm heel, left muscle block, right knifehand (yell)  
Step left foot back to right front stance right high block, left palm heel, right muscle block, left knifehand (yell)