

Ninja Award Scheme

Level	Jump/ bar techniques	Vault techniques	Gymnastics/tricking	Strengthconditioning	Martial arts
1	Hopping on each leg Pre from spot to spot Repeated jumps on spot 180 jump Kick off slanted wall	Kong movement/bunny hops Step through vault Gorilla movement Spiring board take off	Half handstand (feet on block) Bunny hops Tuck rolls	Front support hold Back support hold	Front kick
2	Strides on spots Pre from block to spot Plyos on spots (airtrack/tramp) 180 pre from spot to spot Kick off slanted wall pre	Monkey up (standing) Step through vault waist height Gorilla movement off block Split foot take off	Handstand (walk up wall) Bunny hops over line Safety roll down ramp	5 sit ups - feet held 5 squats with good form	Jumping front kick
3	Strides on blocks Pre from block to block Plyos on spots (floor) Circle down on bar Swing on bar to pre	Monkey up (from run) Step through vault from run Gorilla over corner (on + off block) Split foot take off from run	Supported handstand Cartwheel prep over block Safety roll on flat	5 burpees 20 sec high knees	Side kick
4	Strides on blocks to pre Pre from block to beam Plyos on blocks 180 pre from block to block Tic tac pre	Half kong (to bum) Speed vault (from run) Bum jump Lazy vault	Handstand against wall (kick up) Cartwheel Jumping from height to safety roll	10 touch the floor jumps 20 ankle raises	Jumping side kick
5	Strides on blocks linked to a vault Waist cat Crane landing Wall bounce 180 Swing 180 pre low bar	Kong vault Speed vault pre Palm spin on corner Thief vault	Round off from block Front tuck to back Scoot	20 second front support 10 Back support dips	Roundhouse kick
6	Monkey onto bar (from block) Swing to waist cat 3x casts on bar Cat leap 180 Tic tac flat wall	Kong pre Reverse vault Palm spin on flat edge Dash vault	Handspring off block Round off Front tuck on trampoline	5 unassisted sit ups 20 squat jumps	Spinning hook kick
7	Monkey onto bar from support Swing to step through vault Circle up on bar Clear undershoot low bar Tic tac flat wall pre	Dive kong Reverse vault pre Palm spin on incline Thief/dash vault pre	Supported flick Front tuck on track Macaco	20 burpees 10 explosive star jumps	Crescent kick
8	Monkey onto low bar, catch high bar High bar swings to pre landing Supported muscle up Straddle undershoot low bar 3 connected distance plyo to low beam pre	Double kong Reverse vault to step through Wall spin with ramp on wall Kash vault	Flick Front tuck on floor Arabian roll	5 supported chin ups on a bar 30 sec consecutive plyo jumps	Pop 180 crescent kick
9	5 connected strides at various height 4 consecutive bar skills Jump from height to safe landing/roll Straddle undershoot high bar Tic tacs (flat wall) linked to vault	Kong front tuck Tsuk prep Wall spin on flat wall Kash vault pre	Cheat gainer Back off block 360 dive roll	chin up on bar 30 crash mat tuck jumps	Tornado kick
10	unassisted 3 high bar swing to 1/2 urn pre Jump from height to pre Muscle up Undershoot from low to high bar Back away prep from bar to mat	Kong front tuck pre Tsuk into pit Wall spin/vault combination 3 vault run	Wall flip Back tuck Front tuck over obstacle/over gap	30 burpees with tuck jump 5 full press ups	Au batido

