

THE WARRIOR FACTORY NINJA BAND SYSTEM



LVL 1. - WHITE BAND

NOVICE NINJA

NO MINIMAL SKILL REQUIRED

LVL 2. - YELLOW BAND

NOVICE NINJA

1. **QUAD STEPS** – Feet only; 4 angled steps; alternating 6" gaps
2. **PASSIVE HANG** – Hands only; stationary bar; straight-arm 15 second hang
3. **BODY PROP** – Hands and Feet; Parkour boxes; 2' gap; 5' long
4. **BALANCE BEAM** – Feet only; 8' Beam(4") to 6' beam(2"); Cannot use bases
5. **ROPE SWING** – Hands and feet on rope; Platform to platform; 6' gap
6. **MONKEY BARS** – Hands Only; stationary bars; 1' gaps
7. **PRECISION JUMP** – Feet only; Jumping from one point to another point; 2' gaps
8. **CARGO NET CLIMB** – Hands and feet; climb up and down a 10' cargo net
9. **BOSU BALL TREE POSE** – Feet Only; rounded side of Bosu; 20 sec single-leg balance
10. **VAULT - BEGINNER** – Hands and feet; traverse over a 3' Parkour box
11. **WARPED WALL** – Hands and Feet; 8' warped wall; unlimited run-up

LVL 3. - ORANGE BAND

INTERMEDIATE NINJA

1. **QUAD STEPS** – Feet only; 4 angled steps; alternating 1' gaps; 3 cons.
2. **FULL LOCKOFF** – Hands Only; Stationary Bar; Bent-arm, Chin over Bar; 15 second Hold; 2 cons.
3. **RING ALLEY** – Hands only; 6 Rings; 1' gaps; 2 cons.
4. **TRAINER BOARD TO BAR** – Feet only; 5' balance beam(2") to 5' bar; cannot use bases; 2 cons.
5. **TRAPEZE LANE** – Hands only; 3 Trapeze Bars; 3' gaps; 2 cons.
6. **TILTING LADDER** – Hands Only; 4 stationary bars on Tilting Axis; 1' gaps; 3 cons.
7. **FACTORY TILT** – Feet Only; 1' Tall Feeter Totter; 2 cons.
8. **TRAMP JUMP TO BAR** – Hands and Feet; Trampoline to Bar; 1' gap x 4' height; 2 cons.
9. **DANCING STONES** – Feet Only; 5 Bosu Balls; rounded side; alternating 2' gaps; 3 cons.
10. **WARPED WALL** – Hands and Feet; 8' warped wall; no run-up; 2 cons.

LVL 4. - GREEN BAND

INTERMEDIATE NINJA

1. **KIDS SONIC CURVE** – Feet Only; 4 angled steps to Rope; curved 1' gaps; 3 cons.
2. **ROPE CLIMB W/ KNOTS** – Hands and Feet; 10' rope climb; 2 knots'; 2 cons.
3. **BANANA ALLEY** – Hands Only; 6 bananas; 1' gaps; 2 cons.
4. **TRAINER BAR** – Feet Only; 10' bar; cannot use Red; 3 cons.
5. **CAT GRAB** – Hands and Feet; Parkour Box to Parkour Box; 2' gap; 3 cons.
6. **LACHE'** – Hands Only; 4 stationary bars; 3' gaps; unlimited swings; 2 cons.
7. **BALANCE TANK** – Feet Only; Large Balance Tank; 15' from platform to platform; 3 cons.
8. **I-BEAM** – Hands and Feet; 10'; 3 cons.
9. **INVERTED DANCING STONES** – Hands and Feet; Inverted Bosu; 1' gaps; 2 cons.
10. **WARPED WALL** – Hands and Feet; 12' warped wall; unlimited run-up; 3 cons.



THE WARRIOR FACTORY NINJA BAND SYSTEM



LVL 5. - BLUE BAND

ADVANCED NINJA

1. ASCENDING STEPS – Feet Only; 4 angled ascending steps; alternating 1' gaps; 2 cons.
2. DEVIL STEP – Hands Only; 5 steps on Devil Steps; 2 cons.
3. BANANA-BALL ALLEY – Hands Only; 2 Bananas, 3 gradually harder cannonballs; 2' gaps; 3 cons.
4. DOUBLE TRAINER BAR – Feet only; 5' Trainer bar x2; w/ 1' gap; 3 cons.
5. ARM RING MAZE – Hands only; 1' apart; 2 cons.
6. PIPE FITTER – Hands only; 10' PVC Pipe; 3 cons.
7. FACTORY TILT – Feet Only; 2' Tall Feeter Totter; 2 cons.
8. ROPE JUNGLE – Hands and Feet; 4 Knotted Ropes; 5' gaps; 2 cons.
9. SPIDER CLIMB – Hands and Feet; No Tramp; 20' (Warrior Towers); 3 cons.
10. WARPED WALL – Hands and Feet; 12' Warped Wall; 2' run-up; 3 cons.

LVL 6. - PURPLE BAND

ADVANCED NINJA

1. QUAD STEPS – Feet only; 4 angled steps; alternating 3' gaps; 3 cons.
2. ROPE CLIMB – Hands and Feet; 20' Rope w/o knots; 2 cons.
3. HOLD ALLEY – Hands only; 4 Cannonballs/2 various holds, Increasing difficulty; 2' Gaps; 2 cons.
4. TRAINER LANE – Feet Only; 10' and 5' Trainer Bars; 1' gap; 3 cons.
5. PEGBOARD – Hands Only; 6 Pegs; 3' Gaps; 2 cons.
6. LACHE' – Hands Only; 4 stationary bars; 6' gaps; one swing; 2 cons.
7. TRAMP TO HOLDS – Hands only; Tramp to Holds w/ immediate dismount; 3' gaps; 3 cons.
8. DEVIL STEPS – Hands only; Up and Down easy side; no transition; 2 cons.
9. KIDS SALMON LADDER – Hands Only; 3 rungs; 7" Gaps; 2 cons.
10. WARPED WALL – Hands and Feet; 12' Warped Wall; 2ft on; 3 cons.

LVL 7. - PINK BAND

ADVANCED NINJA

1. INVERTED DANCING STONES – Hands and Feet; Inverted Bosu; 2' gaps; 3 cons.
2. ROPE CLIMB – Hands Only; 40' Rope without knots; 2 cons.
3. VERTICAL BOARDS – Hands Only; 10 boards; Down and Back; 3 cons.
4. SLACKLINE -Feet Only; 8' slackline; Heel-to-toe; 3 cons.
5. PEGBOARD – Hands Only; 2 Pegs; 1' Gaps; 2 cons.
6. LACHE' – Hands Only; 4 Bars; 8' Gaps; unlimited swings; 3 cons.
7. DEVIL STEPS – Hands Only; Up and Down Easy side; w/ transition; 2 cons.
8. TRAMP TO DUAL-HOLD LACHE' - Hands only; Tramp to series of dual 6" Cannonballs; 3' gaps; 2 cons.
9. KIDS SALMON LADDER – Hands Only; 7 rungs; 7" Gaps; 2 cons.
10. ADULT SALMON LADDER – Hands Only; 4 Rungs; 1' Gap; 2 cons.
11. WARPED WALL – Hands and Feet; 15' Warped Wall; unlimited run-up; 3 cons.



THE WARRIOR FACTORY NINJA BAND SYSTEM



LVL 8. - RED BAND

EXPERT NINJA

1. **SONIC CURVE** – Feet Only; 4 Angled Ascending Steps to rope; curved 2' gaps; 3 cons.
2. **TRAMP TO SPINNING BARS** - Hands only; Tramp to series of spinning bars; 5' gaps; 2 cons.
3. **ASCENDING/DESCENDING HOLDS** – Hands Only; 6 Asc./Desc. Cannonballs; 2' gaps; 3 cons.
4. **DOUBLE SLACKLANE** – Feet only; 8' Slackline to 8' Slackline; Heel-to-toe; 3 cons.
5. **PEGBOARD** – Hands Only; Start to Finish-10'; 6" gaps; 3 cons.
6. **CONTINUOUS LACHE'** – Hands Only; 4 Stationary Bars; 6' Gaps; no swings between; 2 cons.
7. **CLIFFHANGER** – Hands Only; Cliffhanger; 1' gaps; 3 cons.
8. **DEVIL STEPS** – Hands Only; Up and Down Hard side; w/ Transitions; 2 cons.
9. **ADULT SALMON LADDER** – Hands Only; 4 rungs; Up and Down; 1' gaps; 3 cons.
10. **WARPED WALL** – Hands and Feet; 15' Warped Wall; 11' run-up; 3 cons.

LVL 9. - BLACK BAND

EXPERT NINJA

1. **ASCENDING STEPS** - Feet Only; 4 angled ascending steps; alternating 3' gaps; 3 cons.
2. **RAZORS EDGE** – Feet Only; Lateral Dominos; 1' gaps; 3 cons.
3. **BALANCE SQUARE** – Feet Only; 2x 10' bars, 2x 8' slacklines; 1' gap; square pattern; 2 cons.
4. **INVISIBLE LADDER** – Hands Only; 3 cons.
5. **PEGBOARD** – Hands Only; 2 Pegs; Start to Finish-20'; using 9" gaps; 3 cons.
6. **LACHE'** – Hands Only; 2 Stationary Bars; 9' Gaps; 3 cons.
7. **WING NUTS** – Hands Only; 3 Wing nuts; 5' gaps; 2 cons.
8. **DYNO-DEVIL STEPS** – Hands Only; Start to Finish w/ Transitions; Must Dyno; 2 cons.
9. **ADULT SALMON LADDER** – Hands Only; 12 Rungs; 1' gaps; 2 cons.
10. **WARPED WALL** – Hands and Feet; 15' Warped Wall; Vegas Run-up (no run-up); 3 cons.