

Five Rings Youth Skillz Standards

<u>Ninjas (3-4)</u>	<u>Samurai (5-6)</u>	<u>Dragons (7-9)</u>	<u>Warriors (10-13)</u>	<u>Shinsengumi (14-16)</u>
1 Kicking	Focus	Agility	Dexterity	Gracefulness
2 Punching	Teamwork	Technique	Reaction	Rhythm
3 Blocking	Control	Courage	Versatility	Orientation
4 Crawling	Memory	Flexibility	Momentum	Fluidity
5 Hopping	Balance	Intensity	Precision	Execution
6 Rolling	Discipline	Perseverance	Instinct	Reflex
7 Running	Fitness	Speed	Strength	Knowledge
8 Catching	Coordination	Concentration	Vision	Timing

