



NINJA WARRIOR SKILL EVALUATION

Student Name: _____ Date: _____

Scores are 1,2,3 - 1 is lowest to 3 is the highest. Athletes must score all 3's to move up levels.

Ninja Intro

	Skill	Score
1	Shoulder Roll	
2	Jump Dive Roll on TT	
3	Barrel to barrel 5'	
4	3' standing Long Jump	
5	3' jump to precision	
6	3 chin-ups in a row	
7	20 second Bar Hang	
8	Bar Swing Release 5'	
9	Cat climb up	
10	Rock wall to X	

Ninja Level 1

	Skill	Score
1	12' warped wall	
2	Front Tuck on TT	
3	Barrel to barrel 7'	
4	6' standing Long Jump	
5	6' jump to precision	
6	10 chin-ups in a row	
7	1 min Bar Hang	
8	High to Low Bar Lache	
9	5 Cat climb ups in a row	
10	Rock wall to 9 9	

Ninja Level 2

	Skill	Score
1	14' warped wall	
2	Front Tuck on TT	
3	5' Quintuple Steps	
4	6' standing Long Jump	
5	6' precision : precision	
6	30 chin-ups in a row	
7	2 rope climbs in a row	
8	Low to High Bar Lache	
9	10 Cat climb ups in a	
10	Rock wall only ODD	