

Chi Path Checklist



Lesson #1: Ancient Ninja Tools

Brown Stripe

- ☐ Make an escrima stick
- ☐ Name Knife Safety Techniques
- ☐ Ninja Notes



Lesson #2: Niniutsu

Black stripe

- ☐ Throwing techniques
- ☐ Blocking and Striking
- ☐ Ninja Notes



Lesson #3: Invisibility

Blue stripe

- ☐ Camouflage Game
- ☐ Ninja Notes



Lesson #4: Survival

Red stripe

- ☐ One match fire
- ☐ Ninja Notes



Lesson #5: Energy

Orange stripe

- ☐ Sit spot Solo Sit
- ☐ Ninja Notes



Lesson #6: Zanshin

Purple stripe

- ☐ Meet a tree
- ☐ Ninja Notes



Lesson #7: Helper

Green stripe

- ☐ 5 local Hazards
- ☐ Teach a skill
- ☐ Ninja Notes 5 Local hazards



Lesson #8: Ninja Notebook

Yellow stripe

- ☐ Enter notes for all skills above

