



Skill #1: Match Burn

Rank: Level 1 NiN



Theme: Survival



Safety

Make sure you have a safe place to burn matches with no dry leaves or debris nearby. Have a container, preferably with water available where you can drop hot matches into. Make sure all loose clothing and hair is pulled back. **Make sure an adult is present to give permission, make sure the area is safe before starting, supervise, and assist.** If you feel like the flame is getting too close to your fingers, then simply drop the match into the water. If you feel like you got a slight burn, immediately dunk your finger into the container of water.

Your Challenge

Watch the online training video for this rank at www.ninjasinnature.com to learn how to strike a match without breaking it, and how to burn the match slowly, safely and carefully. Practice burning and lighting matches until you feel comfortable with the technique. If you prefer, start with holding a match and have someone light it for you while you hold it over a container of water. Drop it into the water whenever you feel ready. Your challenge is to see if you can burn a match for 30 seconds. For a bonus challenge see if you can burn a match from end to end (tip: use water to wet the burned end before switching hands).

Youth Tip

Some kids have never had an opportunity to use matches, and thus may be scared. One way around this initially is to have a student hold an unlit match over a bowl of water, then light the match for them using a lit match that you are holding. They can hold their lit match as long as they wish, then drop the match into the water. This exercise is about building relation with fire, or training with fire. Have them repeat this over and over until they are comfortable. Also you can have them practice lighting and match holding techniques with a small stick on a matchbox first, then give them a real match to try.

Fun Challenge

You can usually find "strike anywhere" matches in most grocery or hardware stores. You can have kids try using these matches to light matches off of rocks and other natural or man-made objects.

