

**American Ninjutsu Academy
of High Point, NC**

4Defend.com

**AMERICAN
Ninjutsu
SELF-DEFENSE**

SURVIVAL

**RANK
REQUIREMENTS**

3/18/2005

Green Rank

Knots "Stopper Knots"

- Overhand
- Double Overhand
- Figure 8
- Slip knot

Weapon Construction

- Half Staff
- Club
- Staff

Shelter Construction

- Lean-to with Tarp and rope

Fire Starting

- Gathering components

Blue Rank

Knots "Bend Knots"

- Fisherman's Knot
- Sheet Bend

Forage for Natural Cordage

Weapon Construction

- Swing Stick & Nunchaku

Shelter Construction

- "A" Frame with Tarp and rope

Fire Starting

- Start fire using: Lighter on wood/leaves etc.
- Fire Containment
- Firewall

Applying Face Paint

Black Rank

Weapon Construction

- Sword

Fire Starting

- Start fire using: Bow & Drill

Mountaineering

- Australian Repelling with harness
- Advanced Rock Climbing

Herb lore

- Medical Plants

Navigation Skills

Hunting Skills

Traps Level 3

First Aid & CPR Certified

Purple Rank

Knots

- Threaded Figure "8"

Braiding Cordage

Weapon Construction

- Throwing Chain
- Net

Shelter Construction

- Lean-to using natural surroundings

Fire Starting

- Start fire using: Matches on wood/leaves etc
- Pit Fire

Mountaineering

- Basic repelling with rope around back/under arm pits, down a hill

Cover & Concealment

Brown Rank

Knots

- Two Half Hitches
- Taut Line Hitch

Weapon Construction

- Throwing Knife
- Knife
- Spear & Throwing ability

Shelter Construction

- Debris Shelter

Fire Starting

- Start fire using: "1" Match on wood/leaves etc.

Mountaineering

- Repelling with harness
- Basic Rock Climbing

Herb lore

- Tree Identification

Tracking Skills

Traps Level 1

Red Rank

Knots

- Bowline Knot
- Noose
- Square knot
- Thief Knot

Weapon Construction

- Bow & Arrow

Fire Starting

- Start fire using: Magnesium Fire Starter on wood/leaves etc.

Herb lore

- Edible Plants

Navigation Skills

Traps Level 2