

Instructions for Ninja Activities—Ninja Jumping and *Shuriken* Throwing

Ninja Jumping

The ninja were known for their physical agility, including their ability to jump over walls or through the branches of trees during their missions. How do you measure up? Test your abilities and see how high you can jump.

Instructions: Pick up a magnetic *shuriken* (ninja throwing star). Check your surroundings to ensure it is safe, then jump with all your strength and stick the star as high up on the board as you can. Measure how high up the star has stuck to see how you did. If the star is too high to reach, use the stick to retrieve it.

***Shuriken* Throwing**

Shuriken (throwing stars) are among the best-known ninja tools. They were easy to carry around and did not create noise when used. Try your hand at throwing some.

Safety Guidelines

- Do not throw the stars at people.
- Show respect for other participants.
- Focus on the task and do your best to hit the target.
- Return the throwing stars to their original place when you are finished.

How to Grip *Shuriken*

For short distances, pinch between the pad of your thumb and the side of your index finger. For long distances, hook your index finger around the blade for stability.

How to Throw *Shuriken*

Vertical (regular) throw: Start with a bent elbow and straighten your arm as you throw, releasing the star.

Horizontal throw: Bend your arm at a 90-degree angle and place it across your stomach. Throw the star by swinging your elbow outward.