



# PKSA Karate Little Ninja Challenge Requirements

White Belt to White with Yellow Stripe

## Control / Discipline

Focus Rules

- \* Focus with my Eyes
- \* Focus with my Mind
- \* Focus with my Body

5 Sec. of Silence

Listening Positions 1, 2, 3

1. Sitting
2. Kneeling
3. Standing at attention

## Focus / Basic Actions

Hand Technique (Soo Gi)

Front Punch (Choon Dan Kong Kyuck)

High Block (Sang Dan Maki)

Foot Technique (Jok Gi)

Front Kick (Ahp Cha Gi)

## Balance / Stances (Jaseh)

Attention Stance (Char Ret)

Ready Stance (Choon Be Jaseh)

Front Stance (Chun Gul Jaseh)

## Stranger Awareness

1. Attacker approaches student. Defend: Yell "Back Off!!!"

## Self Defense (Ho Sin Sool)

Wrist Grab #1

## Memory / Terminology

Count to 3 in Korean: Hana, Tul, Set

Uniform: Dobak

Belt: Dee

Foot: Bahl

Type of Karate: Tang Soo Do

## Fitness / Endurance (In Neh)

3 Lion Pushups

3 Cat Sit-ups

3 Squats

Jumping Jacks (30 seconds)

5 Laps

## Teamwork / Community

10 Random Acts of Kindness - White Chevron