



PKSA Karate Little Ninja Challenge Requirements

White with Yellow Stripe to White with Orange Stripe

Control / Discipline

Focus Rules

5 Sec. of Stillness and Silence

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

Listening Positions 1, 2, 3

1. Sitting
2. Kneeling
3. Standing at attention

Focus / Basic Actions

Hand Technique (Soo Gi)

Hammer Fist (Kwon Do Kong Kyuck)

Low Block (Ha Dan Maki)

Foot Technique (Jok Gi)

Axe Kick

Balance / Stances (Jaseh)

Attention Stance (Char Ret)

Ready Stance (Choon Be Jaseh)

Front Stance (Chun Gul Jaseh)

Stranger Awareness

1. Attack: Approach student. Defend: Yell "Back Off!!!"

2. Attack: Grab hand. Defend: Jumping/Yelling "Help me, Help me, Stranger, Stranger"

Self Defense (Ho Sin Sool)

Wrist Grab #2

Coordination / Forms (Hyung)

Ninja Form #1

Memory / Terminology

Count to 5 in Korean: Hana, Tul, Set, Net, Tasot

Training Center: Dojang

Style of TSD: Moo Duk Kwan

Hips: Hurri

Fitness / Endurance (In Neh)

5 Lion Pushups

5 Cat Sit-ups

5 Squats

Jumping Jacks (30 Seconds)

5 Laps

Teamwork / Community

10 Random Acts of Kindness - Yellow Chevron