



PKSA Karate Little Ninja Challenge Requirements

White with Orange Stripe to White with Green Stripe

Control / Discipline

Focus Rules

10 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)

Foot Technique (Jok Gi)

Side Punch (Choon Dan Wing Jing Kong Kyuck)

Side Kick (Yup Cha Gi)

Elbow In (Pahl Koop Kong Kyuck)

Balance / Stances (Jaseh)

Attention Stance (Char Ret)

Horse Stance (Keemah Jaseh)

Ready Stance (Choon Be Jaseh)

Front Stance (Chun Gul Jaseh)

Stranger Awareness

1-2

3. Defend: Fall to the ground kicking at attacker

Self Defense (Ho Sin Sool)

Elbow Defense

Coordination / Forms (Hyung)

Ninja Form #1, First 4 moves of Kicho Hyung Il Bu

Memory / Terminology

Count to 7 in Korean: Hana, Tul, Set,

Karate Yell: Ki-up

Net, Tasot, Yasot, Ilgop

Arm: P'al

Ready Stance: Choon Be Jase

Fitness / Endurance (In Neh)

7 Lion Pushups

Jumping Jacks (30 Seconds)

7 Cat Sit-ups

7 Laps

7 Squats

Teamwork / Community

10 Random Acts of Kindness - Orange Chevron