



# PKSA Karate Little Ninja Challenge Requirements

White with Green Stripe to White with Red Stripe

## Control / Discipline

Focus Rules

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

Listening Positions 1, 2, 3

1. Standing at attention
2. Kneeling
3. Sitting

15 Sec. of Stillness and Silence

## Focus / Basic Actions

Hand Technique (Soo Gi)

Out-to-In Block (Pahkeso Ahnero Maki)

Side Hand Strike (Pahkeso San Dan So Do)

Foot Technique (Jok Gi)

Out-to-In Crescent Kick (Pahkeso Ahero Cha Gi)

## Balance / Stances (Jaseh)

Attention Stance (Char Ret)

Ready Stance (Choon Be Jaseh)

Front Stance (Chun Gul Jaseh)

Horse Stance (Keemah Jaseh)

Back Stance (Hu Gul Jaseh)

## Stranger Awareness

1-3

4. Defend: Bite attacker's hand

## Self Defense (Ho Sin Sool)

Neck Grab #1

## Coordination / Forms (Hyung)

Ninja Form #1, First 8 moves of Kicho Hyung II Bu (to Ki-up)

\*Ninja Bo Form (elective)

## Memory / Terminology

1 to 10 in Korean: Hana, Tul, Set, Net,

Tasot, Yasot, Ilgop, Yodul, Ahop, Yul

Salute the Flag: Song Cho Ki Bay Ray

2 Flags: (U.S. and South Korea)

Personal Development Creed

1. Be a leader not a follower

## Fitness / Endurance (In Neh)

9 Lion Pushups

9 Cat Sit-ups

9 Squats

Jumping Jacks (30 Seconds)

7 Laps

## Teamwork / Community

20 Random Acts of Kindness - Green Chevron