



PKSA Karate Little Ninja Challenge Requirements

White with Red Stripe to White with Blue Stripe

Control / Discipline

Focus Rules

- * 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

15 Sec. of Stillness and Silence

15 Sec. of Seated Meditation

Focus / Basic Actions

Hand Technique (Soo Gi)

In-to-Out Block (Ahneso Pahkero Maki)

Reverse Punch (Toroso Choon Dan Kong Kyuck)

Foot Technique

In-to-Out Crescent Kick (Ahneso Pahkero 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

1-4

5. Defend: Stand up and RUN!

Self Defense

Neck Grab #2

Coordination / Forms (Hyung)

Ninja Form #1, First 12 moves of Kicho Hyung Il Bu

Ninja Bo form

Memory / Terminology

1 to 10 in Korean: Hana, Tul, Set, Net,
Tasot, Yasot, Ilgop, Yodul, Ahop, Yul

Meditate: Muk Num

Personal Development Creed

1. Be a leader not a follower

Fitness / Endurance (En Neh)

10 Lion Pushups

10 Cat Sit-ups

10 Squats

Jumping Jacks (30 Seconds)

7 Laps

Teamwork / Community

25 Random Acts of Kindness - Red Chevron