



PKSA Karate Little Ninja Challenge Requirements

White with Blue Stripe to Blue with White 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

20 Sec. of Stillness and Silence

15 Sec. of Seated Meditation

Focus / Basic Actions

Hand Technique (Soo Gi)

Front Punch

Hammer Fist

Out-to-In Block

In-to-Out Block

Side Punch

Elbow In

Low Block

High Block

Reverse Punch

Side Hand Strike

Foot Technique (Jok Gi)

Front Kick

Axe Kick

Side Kick

In-to-out crescent kick

Out-to-In crescent kick

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 - 5

Self Defense (Ho Sin Sool)

Wrist Grab 1 & 2

Neck Grab 1 & 2

Elbow Grab

Coordination / Forms (Hyung)

Ninja Form #1

Kicho Hyung Il Bu

Ninja Bo Form

Memory / Terminology

1 -10 in Korean

Style of Karate: Tang So Do Moo Duk Kwan

Country of Origin: South Korea

Personal Development Creed

Uniform: Dobak

Belt: Dee

Training Center: Dojang

1. Be a leader not a follower

2. Think positive and positive things will happen

Fitness / Endurance (In Neh)

15 Lion Pushups

15 Cat Sit-ups

15 Squats

Jumping Jacks (30 Seconds)

7 Laps

Teamwork / Community ★

25 Random Acts of Kindness - Blue Star