



PKSA Karate Little Ninja Challenge Requirements

Blue with White Stripe

Control / Discipline

Focus Rules

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

20 Sec. Stillness & Silence

20 Sec. Seated Meditation

Listening Positions 1, 2, 3

1. Sitting
2. Kneeling
3. Standing at attention

Basic Actions

Hand Technique (Soo Gi)

Knife hand (Soo Do Kong Kyuck)

Side Block (Hu Gul Yup Maki)

Foot Technique (Jok Gi)

Knee Kick (Moo Rup 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 - 5

Self Defense (Ho Sin Sool)

Bear Hug from the Front

Coordination / Forms (Hyung)

Ninja Form #1

Kicho Hyung Il Bu

Kicho Hyung E Bu

Ninja Bo Form

Memory / Terminology

Attention: Cha Ryut

Bow: Kyung Ret

Personal Development Creed

1. Be a leader not a follower
2. Think positive and positive things will happen
3. Socialize with positive goal oriented peers like yourself

Fitness / Endurance (In Neh)

15 Lion Pushups

15 Cat Sit-ups

15 Squats

Jumping Jacks (30 Seconds)

10 Laps

Teamwork / Community ★

25 Random Acts of Kindness - Gold Star

Note to Parents: Your child may be asked to test in the regular program GUP test. See instructor for details.