



# **ACTION KARATE**

## **LITTLE NINJA SHARK KATA'S**

### **Little Ninja Shark 1**

Say “Action Kata” (hold up right fist), Say “Little Ninja Shark 1” ( cover fist with left hand), Bow and then go into right guarding stance: 1. Left back knuckle 2. right reverse punch 3. Right front kick returning to guard stance. 4. Left downward block. 5. Drop right knee to ground 6. right reverse punch 7. left reverse punch 8. right inward chop to front 9. left rising block and say “ASAH” Stand up bow. Chamber left hand, right hand touches left shoulder in chopping motion, right hand chops high to right and say “Little” chamber back to left shoulder and say “Ninja Sharks” chop down low and say “Rock”

### **Little Ninja Shark 2**

Say “Action Kata” (hold up right fist), Say “Little Ninja Shark 2” ( cover fist with left hand), Bow and then go into right guarding stance: 1. Left back knuckle 2. right reverse punch 3. Right rounhouse kick returning to guard stance. 4. Left outward block. 5. Drop right knee to ground 6. right reverse punch 7. left reverse punch 8. right lean away stance, left downward knife hand block, right outward ridgehand block and say “ASAH” Stand up bow. Chamber left hand right hand touches left shoulder in chopping motion, right hand chops high to right and say “Little” chamber back to left shoulder and say “Ninja Sharks” chop down low and say “Rock”

### **Little Ninja Shark 3**

Say “Action Kata” (hold up right fist), Say “Little Ninja Shark 3” ( cover fist with left hand), Bow and then go into right guarding stance: 1. Left back knuckle 2. right reverse punch 3. Right side kick returning to guard stance. 4. Left rising block. 5. Drop right knee to ground 6. right reverse punch 7. left reverse punch 8. right tension Shark Attack Claw say “ASAH” Stand up bow. Chamber left hand right hand touches left shoulder in chopping motion, right hand chops high to right and say “Little” chamber back to left shoulder and say “Ninja Sharks” chop down low and say “Rock”

### **Little Ninja Shark 4**

Say “Action Kata” (hold up right fist), Say “Little Ninja Shark 4” ( cover fist with left hand), Bow and then go into right guarding stance: 1. Left back knuckle 2. right reverse punch 3. Right crescent kick returning to guard stance. 4. Left heel palm forward. 5. Drop right knee to ground 6. right reverse punch 7. left reverse punch 8. stand up in right guard stance and “x” block above your head 9. drop into horse stance and execute chops down on either side of your body and say “ASAH” Stand up bow. Chamber left hand right hand touches left shoulder in chopping motion, right hand chops high to right and say “Little” chamber back to left shoulder and say “Ninja Sharks” chop down low and say “Rock”