

## **Action Karate**

### **Little Ninja Shark 1**



1. Bow
2. Drop back right leg to guard stance
3. Left back fist - right reverse punch.
4. Right front kick returning to guard stance.
5. Left downward block.
6. Drop to right knee - from kneeling position do a right then left reverse punch.
7. Staying on right knee - do a right inward chop to front as you do a left upward block with an open hand.

## Little Ninja Shark 2



1. Bow
2. Drop back right leg to guard stance
3. Left back fist - right reverse punch.
4. Right roundhouse kick returning to guard stance.
5. Left outward middle block.
6. Drop to right knee - from kneeling position do a right then left reverse punch.
7. Stand up and lean away - left downward knife hand block - right outward ridge hand block.

## Little Ninja Shark 3



1. Bow
2. Drop back right leg to guard stance
3. Left back fist - right reverse punch.
4. Right front kick forward, returning to guard stance.
5. Left upward block.
6. Drop to right knee - from kneeling position do a right then left reverse punch.
7. Stay on knee --- right forward thrusting shark claw (use appropriate growling asah!!)

## Little Ninja Shark 4



1. Bow
2. Drop back right leg to guard stance
3. Left back fist - right reverse punch.
1. 4. Right outward crescent kick
4. Left palm heel forward. (almost like your holding hand out to stop someone with a push)
5. Drop to right knee - from kneeling position do a right then left reverse punch.
6. Stand up into low side horse stance – both hands downward chopping blocks

Judges my name is ----- I represent Action Karate Feasterville.  
Today I would Like to do Little Ninja Shark \_. Judges may I please  
begin. Thank you Judges