



PKSA Karate Testing Requirements

Cho Dan 1st Recert

Basic Actions

1. Hugul Ha Dan Mako
Chungul Toroso Choon Dan Kong Kyuck
Ahp-Dull Ryo Cha Go
Dwi Dull Ryo Cha Gi
2. Hugul Yup Mako
Chungul Toroso Choon Dan Kong Kyuck
Toro Yup Cha Go
Step Behind Yup Hu Ri Gi
Toroso Choon Dan Kong Kyuck

Hyung

Ship Soo

Pyung Ahn Il Soo Shik (1)

Il Soo Shik (1)

1. **Attack:** Start in a low block, Right-hand middle punch.
Defend: Start in Choon be. Step out with left leg in a lateral motion to the attacker's closed side while executing a right hand sudo block. Grab the attacker's hand and bring to your other hand. Grab with both hands and step up to the attacker's foot, spin around and draw the hand back (your shoulder and the attacker's shoulder should match), arm-throw to the ground followed by a punch

E Soo Shik (1)

1. **Attack:** Start in a low block, Right-leg Front kick to groin / Right-hand punch to the head.
Defend: Left-hand low block, Left-hand high block, Right-hand punch to the head, Left-hand Ridge hand to the side of the neck, Right-elbow across to the face. Bring right hand to the back of the attacker's head and hold there to execute a knee kick to the face, Right-elbow down to back of neck. Take right arm and slip under the attacker's neck, defender grabs their own lapel and performs a guillotine-choke. Slip the defenders left arm under the attacker's right arm. Discontinue choke, take right hand and push the attackers face under the defender's left arm to spin the attacker around and to the ground. Sudo strike to the attacker's throat. Step back guard

Ho Sin Sool

- **Knife Defense:** 1 - 4
- **Attack:** Wild Punches to head. **Defend:** Cover blocks, bicep shot, head throw

Terminology / History: As requested by a board of examiners (may be tested)