



PKSA Karate Testing Requirements

SAM DAN 1st RECERT

Basic Actions

1. Step Forward Choi Ha Dan Soo Do Mako
Moo Rup Toroso Choon Dan Kong Kyuck
Ha Dan Ahp Cha Go
Dwi Dull RyoYup Hu Ri Gi
Toroso Choon Dan Kong Kyuck
2. Sang Soo Ahneso Pahkero Soo Do Mako
Sang Soo Il Chu Mok
Ahp Cha Go
Ahp Palo Ahneso Pahkero Cha Go
Toroso Ha Dan Pal Koop Kong Kyuck

Hyung

All Previous Hyungs
Kong Sang Goon

Weapons

All Previous

Kneeling Il Soo Shik (1-2)

1. **Attack:** Step up Right-Leg / Right-hand Front Punch
Defend: Right leg up / Left hand, in to out sudo block / Right elbow to face
2. **Attack:** Step up Right-Leg / Right-hand Hammer Fist
Defend: Stay kneeling, Right-arm High Block, seize wrist. Using left-hand, arm bar attacker to the ground.

E Soo Shik (1)

1. **Attack:** Jab / Wild Punch
Defend: Left hand, Perry jab to the outside, slip wild punch, Left hand upward ridge to groin, left-hand grabs attackers' Right-arm, Right-elbow to face, hook attacker's right-arm with your right-arm, slide left leg back and perform an arm throw followed by a punch, stepping back into the guard.

Ho Sin Sool (1-2)

1. **Attack:** Bear Hug Front
Defend: Double hammer-fist, knee, in close leg sweep, hold Left arm, kick ribs Right leg, tuck underneath, drop to ground Left leg over throat, arm bar
2. **Attack:** Left Hand Punch
Defend: Move open side, double Soo do block, grab arm, spin next to attacker, Right hand under their arm reaching up toward head, Right leg in front of attackers Left leg, sweep in forward circling motion.

Kneeling Knife Defense (1)

1. **Attack:** Right Hand Thrust
Defend: Left hand push block, metacarpal takedown, roundhouse to face, disarm

Chair Defense (1)

1. **Attack:** Grab / Wild Punch
Defend: Block punch, focus interrupt (slap face or Soo Do neck), grab hand and reverse joint lock, pinky finger pointed up.

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