



PKSA Karate Testing Requirements

SAM DAN 2nd 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 Ryo Yup 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
3. Dwi Bal Koop Hi Ki Son Mok Deung
Toroso Jip Kae Son Kong Kyuck
Choon Dan Kong Kyuck
Toroso Choon Dan Kong Kyuck
Dwi Dull Ryo Yup Cha Gi
4. Bassai Jaseh Kap Kwon Kong Kyuck
E Dan Dwi Dull Ryo Cha Go
Toroso Choon Dan Kong Kyuck
Ha Dan Soo Do Maki

Hyung

All Previous Hyungs

Weapons

Sonae Kame

Kneeling Il Soo Shik (1-4)

3. **Attack:** Step up Left-leg / Left-hand Front Punch
Defend: Step up Left-leg / Left-hand In-to-Out sudo block. Seize wrist using the left-hand, pull attacker's arm down to your left-leg and perform right-hand sudo strike to elbow.
4. **Attack:** Step up Right-leg / Right-hand Front Punch
Defend: Roll to right / perform a Left-Leg side kick to Face

E Soo Shik (1-2)

2. **Attack:** Jab/Step Punch
Defend: Step back sudo block, step back sudo block, seize the wrist, step fast elbow strike to the ribs and side of the face, hook your hand around the attacker's waist, place your right foot on the attacker's front leg (right-leg) and throw. Follow up with a punch, end in the guard.

Ho Sin Sool (1-4)

3. **Attack:** Left leg front kick (fighting stance, left leg back)
Defend: Move to closed side, Left arm catches leg, Right arm across chest, push attacker backwards
4. **Attack:** Right leg front kick (fighting stance, right leg back)
Defend: Move to closed side, Right arm catches leg, Left arm across chest, rotate to the left, throwing attacker to the ground (face first)

Kneeling Knife Defense (1-2)

2. **Attack:** Left Hand Slash (outside to inside)
Defend: Right hand soo do block, reverse metacarpal takedown to face, disarm

Chair Defense (1-2)

2. **Attack:** Grab wrist, attempted punch
Defend: Stop Punch to attacker's face or plexus. Bring the wrist that was grabbed into your abdomen, reach up behind the attacker's elbow, and pull it toward your chest as you stand up. (Focus on keeping the attacker's wrist bent.)

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