



# PKSA Karate Testing Requirements

## SAM DAN 3rd 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
5. Yuk Soo/Yoo Kwan Kong Kyuck  
Keemah Choon Dan Pal Koop Kong Kyuck  
Yup Cha Gi

### Hyung

All Previous Hyungs  
Ro Hai

### Weapons

Shushi No Kon

### Kneeling Il Soo Shik (1-6)

5. **Attack:** Step up Right-leg / Right-hand punch to face followed by Left-hand punch to the solar plexus  
**Defend:** Remain kneeling, using Right-arm, wrist block up / down; Step up Right-Leg a perform a 2 handed to the attacker's shoulders
6. **Attack:** Step up Right leg / Right hand punch  
**Defend:** Roll or shift back, Right-leg front kick to face

### E Soo Shik (1-3)

3. **Attack:** Jab/Front Kick land in front  
**Defend:** Step back Right hand Sudo block / Reverse low block, Left leg inner kick to the knee, step out, finish with spinning back kick to the chest or head. End in the guard.

### Ho Sin Sool (1-6)

5. **Attack:** Right leg front kick (fighting stance, right leg back)  
**Defend:** Move to the closed side, fake right-hand leg catch. Continue past attacker, grab shoulders, pull down backwards
6. **Attack:** Right leg front kick (fighting stance, right leg back)  
**Defend:** Pivot to the closed side. Catch leg with left arm, Right hand grabs ankle, rotate ankle clockwise, attacker flips, perform ankle lock.

### Kneeling Knife Defense (1-3)

3. **Attack:** Right Hand Cross Slash (Inside to outside)  
**Defend:** Double soo do block, Break elbow with left arm out-to-in block, takedown to face, disarm

### Chair Defense (1-3)

3. **Attack:** Right-hand straight punch  
**Defend:** High block. Right-elbow to ribs as you start to stand up, continue to spin to the left, switch hands, left-elbow back, finish your turn so you are facing the attacker's closed side, grab the back of the head and slam face down into the chair, step over arm and break the arm.

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