



# PKSA Karate Testing Requirements

## SAM DAN 4th 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

### Weapons

All Previous

### Kneeling Il Soo Shik (1-8)

7. **Attack:** Step up Right leg / Right hand punch  
**Defend:** Remain kneeling / Right-hand In-to-Out Sudo block. Reach over the top with your Left-hand and perform a metacarpal takedown, finish with a punch to the face.
8. **Attack:** Step up Left leg, Right hand punch (reverse punch)  
**Defend:** Shift to left, Right leg roundhouse kick to body, Right leg hook kick to head

### E Soo Shik (1-4)

4. **Attack:** Left-hand Jab, Right-hand Reverse punch  
**Defend:** Deflect the jab by bringing the right-hand to the side of the head and moving your head slightly left. Push block the reverse punch with your Left-hand / Punch the ribs with your Right-hand. Grab the attacker (right-hand on the back of the neck, left hand on the back) and perform a Right-leg Knee strike to the chest. Use your right hand to push down on the back of the neck, and lift the arm with your left-hand spinning the attacker around so that their back is to you, go right into a rear naked choke (right handed), until tap .

### Ho Sin Sool (1-8)

7. **Attack:** Attacker charges at defender (as in double leg takedown)  
**Defend:** Defender gets attacker in a guillotine with one arm, other arm loops under attacker arm. Roll backwards, taking the attacker with you. Break neck.
8. **Attack:** Grab Shoulder/Hook Punch  
**Defend:** Free hand in to out block, slap face, seize hand on shoulder, Opposite arm rotate over into arm bar on leg.

### Kneeling Knife Defense (1-4)

4. **Attack:** Right Hand Over Head Strike  
**Defend:** Left hand high block, right hand under attacker's arm, grab wrist 90 degree takedown straight back. Disarm.

### Chair Defense (1-4)

4. **Attack:** Straight punch  
**Defend:** Out-to-In push block, uppercut to ribs as you stand up, Metacarpal and hold.

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

Revised: 01/2024