



PKSA Karate Testing Requirements

SAM DAN 5th 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 (1-10)

9. **Attack:** Step up Right leg / Right hand punch
Defend: Rise up / Left-hand In-to-Out Sudo block / Seize attacker's arm. Loop your right arm under the attacker's leg as you step out with your Left-Leg. Lift the leg and pull down on the attacker's arm to throw to the ground. Finish with a right hand Sudo strike to the throat
10. **Attack:** Step up Right Leg / Right hand punch
Defend: Remain kneeling, Right-hand Sudo Block (closed side), seize wrist. Place Left hand on attacker's elbow as you rise up, fold arm down (90deg) and push attacker to floor face first.

E Soo Shik (1-5)

5. **Attack:** Right-leg roundhouse to thigh, Left-Arm hook punch to the head
Defend: Block the kick with your left-shin by lifting the knee, slip the hook punch, Right-hand reverse punch to face, Grab on to the attacker and Right-leg Knee to attacker's Left-thigh (dropping attacker to their knee), Right-arm elbow strike to the back of the head, end in the guard.

Ho Sin Sool (1-10)

9. **Attack:** Head Lock
Defend: Ridge-hand to groin, grab back, inside leg between attackers, roll and throw.
10. **Attack:** Choke from Rear
Defend: Pull arm down, twist into choke (drive the shoulder into the chest to create distance). Leg sweep attacker, punch to face.

Kneeling Knife Defense (1-5)

5. **Attack:** Knife at Throat (right hand holding knife)
Defend: Trap hand holding the knife, roll to the attacker's open side, left leg kick chest, hook leg over throat, arm bar, disarm

Chair Defense (1-5)

5. **Attack:** Wild punch
Defend: Lean back or duck punch, push the attacker's shoulder to help them to spin around as you stand, apply rear-naked choke (#1) and sit back down in your chair.

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