



PKSA Karate Testing Requirements

SAM DAN 6th 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
Chil Sung Oh Ro

Weapons

Cho Un No Kon

Kneeling Il Soo Shik (1-13)

11. **Attack:** Step up Right Leg / Right hand punch
Defend: Step up Left Leg / Left Hand Sudo Block. Right hand soo do strike to the ribs.
12. **Attack:** Step up Left-Leg / Right-hand punch (Reverse punch)
Defend: Lean to the left side, Right-leg roundhouse kick to the body.
13. **Attack:** Step up Right-Leg / Right-hand hammer fist
Defend: Remain kneeling / X-Block high. Bring the hand around, step up with the right leg (heading between attacker's arm and body, pivot, step up Left-leg and make the attacker roll out. Throw a right hand punch to attacker's face.

E Soo Shik (1-5)

Ho Sin Sool

1 through 10

Combined Ho Sin Sool Form - (Cho and E Dan Combined, free flow, with weapons: Gun, Knife, stick))

Kneeling Knife Defense (1-5)

Chair Defense (1-6)

6. **Attack:** Hair grab
Defend: Grab on for Cho Dan Hair Grab Defense, quick, front snap kick to groin area, then, work through the rest of the Cho Dan Hair Defense.

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