



PKSA Karate Testing Requirements

SAM DAN 7th 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 (1-16)

14. **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.
Attack #2: While laying on the floor, roundhouse kick the defender.
Defend #2: Block roundhouse kick, roll up on one knee and roundhouse attacker's face.
15. **Attack:** From Standing Position, Grab the defender with the Right-hand and perform a Left-hand wild punch.
Defend: Rise up from the kneeling position and perform a Right-hand sudo block. Reach underneath the grabbing hand with your right-hand and seize it. Rotate to the inside of the attacker's body and break free. Take them down by the arm (arm throw) and punch.
16. **Attack:** While standing, grab both wrists, or grab the lapel with both hands
Defend Wrist Grab: Rotate the hands upward and seize the attacker's wrists, roll back, stomach throw
Defend Lapel Grab: Reach over the hands and grab similar to a metacarpal and release the grip, roll back, stomach throw.

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 (1-7)

7. **Attack:** Attempted throat grab with Left-hand
Defend: Right-hand Out-to-In push block, Left-elbow to ribs as you stand up, Left-Knee to the body, punch to the back of the head, step back in guard.

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