



PKSA Karate Testing Requirements

Cho Dan 2nd Recert

Basic Actions

1. Hugul Ha Dan Mako
Chungul Toroso Choon Dan Kong Kyuck
Ahp-Dull Ryo Cha Go
Dwi Dull Ryo Cha Gi
2. Hugul Yup Mako
Chungul Toroso Choon Dan Kong Kyuck
Toro Yup Cha Go
Step Behind Yup Hu Ri Gi
Toroso Choon Dan Kong Kyuck
3. Hugul Sang Soo Ha Dan Mako
Chungul Toroso Sang Dan Kong Kyuck
Toro Yup Cha Go
Dwi Cha Go
Dull Ryo Cha Gi
4. Ahp Pallo Ahneso Pahkero Cha Go
Dull Ryo Cha Go
Fade in Dull Ryo Cha Go
E Dan Dwi Dull Ryo Cha Go
Toroso Choon Dan Kong Kyuck
Choon Dan Soo Do Maki

Hyung

Nai Han Chi E Dan

Bong

Sunakake No Kun

Pyung Ahn Il Soo Shik (1-3)

Il Soo Shik (1-3)

2. **Attack:** Start in a low block, Right-hand middle punch.
Defend: Start in Choon be. Step out with the right leg in a lateral motion to the attacker's open side while executing a left hand sudo block. Grab attacker's wrist with both hands and immediately go under the attacker's arm, keep the right-hand on the wrist, left-hand goes to the back of the attacker's elbow. Draw them around and down to the ground, pinning the arm on the ground with the wrist twisted up. Arm-lock and pin till tap.
3. **Attack:** Start in a low block, Right-hand middle punch
Defend: Start in Choon be. Step out with the Left-leg in a lateral motion to the attacker's closed side while executing a right hand sudo block. Using right leg, side kick the attacker's right knee, dropping them to their knee. Take left elbow and break the attacker's right arm with an elbow down. Take right forearm and slip under the attacker's chin in order to apply a choke from the back. As you choke the attacker, fall back continuing to choke wrap legs around attacker's legs and stretch.

E Soo Shik (1)

Ho Sin Sool

- Knife Defense: 1 - 6
- Hair grab takedown
- Standing choke from rear (offense / defense)
- Cross lock choke (offense / defense)

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