



PKSA Karate Testing Requirements

Cho Dan 3rd Recert

Basic Actions

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| <ol style="list-style-type: none"> 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 | <ol style="list-style-type: none"> 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 5. Hugul Sang Dan Mako
Toroso Choon Dan Kong Kyuck
Beet Cha Go
Dwi Dull Ryo Ahneso Pahkero Cha Go
Choon Dan Wing Jing Kong Kyuck |
|---|--|

Hyung

Chil Sung Sam Ro

Bong

Sunakake No Kun

Pyung Ahn Il Soo Shik (1-4)

Il Soo Shik (1-5)

4. **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. Left leg goes over the top of arm, and draw back, takedown, arm lock and pin.
5. **Attack:** Start in a low block, Right-hand middle punch
Defend: Start in Choon be. Right leg moves first to the open side, bring the left leg in front in a hugul, double punch (Right-hand high to In choong, Left-hand solar plexus). Grab the back of the head with your left hand, elbow side of the face with your right-elbow. Fingers all pointing the same direction, push the chin up and you pull the head down taking them to the ground. End with a punch.

E Soo Shik (1)

Ho Sin Sool

- **Ho Sin Sool Form (1 - 9)**
- **Knife Defense: 1 - 8**
- **Attack:** Double wrist grab. **Defend:** Hip throw
- **Shoulder grab from rear: 1 & 2**

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