



PKSA Karate Testing Requirements

Cho Dan to E Dan

Basic Actions (All Previous)

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
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

All Previous Hyungs

Bong

All Previous Hyungs

Pyung Ahn Il Soo Shik (1-4)

Il Soo Shik (1-5)

E Soo Shik (1)

Ho Sin Sool

- **Ho Sin Sool Form**
- **Knife Defense: 1 - 8**
- **Attack:** Wild Punches to head. **Defend:** Cover blocks, bicep shot, head throw
- **Hair grab takedown**
- **Standing choke from rear** (offense / defense)
- **Cross lock choke** (offense / defense)
- **Attack:** Double wrist grab. **Defend:** Hip throw
- **Shoulder grab from rear: 1 & 2**

Kyok Pa: 3 station break with 4 boards

Da Soo Deh Ryun: Free sparring against multiple attackers

In Neh: 2 mile run, 60 Push ups, 60 Sit Ups, 60 Squats, Continuous Jump Front Kicks

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

\$530.00

Revised: 01/2024