



PKSA Karate Testing Requirements

E Dan 1st Recert

Basic Actions

1. Sang Soo Ha Dan/Sang Dan Mako
Ahp Cha Go
Keemah Ha Dan Mako
Slow Soo Do Mako
Toroso Choon Dan Kong Kyuck
2. Moo Rup Ha Dan Mako
Toroso Jip Kae Son Kong Kyuck
Ahp Cha Go
Dull Ryo Cha Go
Spinning (360) Dull Ryo Cha Go
Dull Ryo Dwi Cha Go
Toroso Choon Dan Kong Kyuck

Hyung

All Previous Hyungs
Jin Do

Pyung Ahn Il Soo Shik (1-5)

E Soo Shik (1)

1. **Attack:** Starting in a low block / Right Front kick to groin / Right punch to the head.
Defend: Start in Choon Be. Block the kick with the left hand, step to the attacker's closed side with the left foot and block the punch with a double sudo block. Grab attacker's right wrist, with the right leg, roundhouse kick the attacker's solar plexus. Using left arm apply an out-to-in block breaking the attacker's right arm. With the right arm bend the attacker's arm into a wrist lock (goose neck). Using the left hand hook the left thumb under the attacker's jaw (right side) and the middle finger under the attacker's nose (Mid-Center Facial), take the attacker to the ground. Once on the ground pull arm on the goose-necked arm and press down on the head until the attacker taps.

Ho Sin Sool

- **12 Striking Points:** Arnis Stick
- **Arnis Disarm:** 2 disarms with empty hand against Arnis #1 & 2 strikes

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