



PKSA Karate Testing Requirements

E Dan 2nd Recert

Basic Actions

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| <ol style="list-style-type: none"> 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 | <ol style="list-style-type: none"> 3. Ahneso Pahkero Cha Go
Pahkeso Ahnero Cha Go
Dwi Dull Ryo Ahneso Pahkero Cha Go
Dull Ryo Dwi Cha Go
Toroso Choon Dan Kong Kyuck 4. Ha Dan Mako
Toroso Choon Dan Kong Kyuck
Bal Ja Ba Mako
Sang Dan Mako
Toroso Choon Dan Kong Kyuck |
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Hyung

All Previous Hyungs
Nai Han Chi Sam Dan

Weapons

Bo Keho No Kata

Pyung Ahn Il Soo Shik (1-6)

E Soo Shik (1-2)

2. **Attack:** Starting in a low block / Right Front kick to groin / Right punch to the head.
Defend: Start in Choon Be. Block the attacker's kick with the left hand, step to the attacker's closed side with the left foot and using a pushing block motion with the left hand push the attacker's punch out of the way and execute an elbow across to the attacker's ribs with the right elbow. Simultaneously execute a double sudo block to the attacker's kidney with the left hand and the back of the neck with the right hand. Using the right leg, sidekick the attacker's right knee. The attacker drops to the ground on the right knee, at the same time round-house kick the attacker's head using the left leg

Ho Sin Sool

- **All Previous Ho Sin Sool**
- **Long Gun Defense:** Move to side. Put hand on stock and other hand on barrel. Turn weapon in an upward direction for the disarm.
- **Extensive Angular Attacks with Knife & Gun:** Similar to all learned gun and knife defenses, just done at different angles.
- **Sumi Giashi** (Attempted Right-handed Lapel Grab): Reach out with your right hand and grab their arm, pulling it across your body in front. Left hand reaches behind them and grabs attacker's back. Come in for Uchi Mata (leg in front of their leg). Pivot on right foot. Put your left foot behind their left knee. Stay in a tight ball and throw behind you.

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