



PKSA Karate Testing Requirements

E Dan 3rd 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
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
5. Yuk Soo Do Mako
Sang Mok Deung
Han Mok Deung
Sa Go Rip Ha Dan Mako
Dwi Dull Ryo Ahp Pallo Cha Go
Il Chu Mok Kong Kyuck
Step Back Bal Nul Bee Seo Kee Jaseh

Hyung

All Previous Hyungs

Weapons

Bo Keho No Kata

Pyung Ahn Il Soo Shik (1-7)

E Soo Shik (1-4)

3. **Attack:** Start in low block / Right Front kick to groin/ Left Roundhouse kick to the head
Defend: Start in Choon Be. Step back and block the front kick with right hand, then step back and block the roundhouse with an out-to-in block using left hand. Keep spinning in order to execute a right-hand spin back fist to attacker's right temple. Left-hand reverse punch to the attacker's solar plexus. Right elbow to attacker's plexus/ribs. With the left hand grab the attacker's pant leg on the right side as the right leg slips behind the attacker's left leg. (These two steps are done while the elbow is still on the attacker's plexus. Simultaneously sweep the attacker's left leg and push the attacker back with your shoulder. Let go of the attacker's pant leg as the sweep is executed. Finish with a punch.
4. **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 low block, slide your left-foot forward and execute a left-hand high block for the punch. From this point attempt a leg sweep on the lead leg. As the defender attempts to sweep, the attacker lifts the right leg to avoid the sweep. The defender hops in closer and performs a base leg takedown, followed with a punch

Ho Sin Sool

- All Previous Ho Sin Sool
- **Knife Attack:** Straight in thrust to stomach: Using personal belt or coat. Take off belt. Move to the closed side, wrapping the belt at the end of weapon. Pull it around neck and pull behind their head to choke and secure.
- **X Arm Throw** (Judo Position/Left hand high): Step in a circle, pulling opponent behind you. Shift the elbow of your right hand underneath. Step into opponent with left leg. Ensure that your arms are crossed and throw

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