



# PKSA Karate Testing Requirements

## E Dan 4th 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  
Chil Sung Sa Ro

### Bong Hyung

All Previous

### Pyung Ahn Il Soo Shik (1-8)

#### E Soo Shik (1-6)

5. **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 the attacker's right wrist with both hands and bring it to your front side, bring your right leg behind the attacker's leg leg up on your toes. As you start to spin to execute a back-wheel kick with your left leg, release the attacker's wrist. Take down the attacker with the back-wheel kick, finish motion with an axe kick.
6. **Attack:** Fighting Stance, Left hand Jab / Right hand Spinning Back Fist  
**Defend:** Start in a fighting stance, right-hand push-block toward your closed side. Twist and perform a double sudo-block. Right-elbow strike to the ribs, ridge-hand to the back of the head pushing the body forward and dropping the attacker's arm, hook around the neck with your right arm and perform a leg sweep takedown. Finish with a punch to the temple.

### Ho Sin Sool

- All Previous Ho Sin Sool
- **Guard Position Attack (below legs / Tatishio Katame):** Grab opponent's lapel with left hand and pull them in. Reach behind and grab their belt as you tuck their head under right arm. Grab belt with other hand. Reach under their left arm and grab belt. Your left arm goes under their right as you pull their arm up to your shoulder. Grab your own lapel with your left arm. Use legs to flip them over on their back.

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