



PKSA Karate Testing Requirements

White Belt to Yellow Belt: 10 Gup to 9 Gup

Basic Actions

Sang Dan Maki	High Block
Ha Dan Maki	Low Block
Choon Dan Kong Kyuck	Front Punch
Kwan Do Kong Kyuck	Hammer Fist
Soo Do Kong Kyuck	Knife Hand Strike
Ahp Cha Gi	Front Kick

Ho Sin Sool / Self Defense

Wrist Grab 1	(Children: Break free, turn and run) (Adults: Break free, back fist, punch)
Wrist Grab 2	(Children: Break free, turn and run) (Adults: Break free, back fist, punch)

Required Equipment / Uniforms

White Trimmed PKSA uniform with patches

Terminology / History

Dobak: Uniform
Dojang: Training Center
Tang Soo Do: Our Style of Karate
Origin of TSD: Korea

Focus Rules (Children) *(may be tested)*

Focus with your EYES / Focus with your MIND / Focus with your BODY

Personal Development Creed *(may be tested)*

1. Be a leader not a follower.