



PKSA Karate Testing Requirements

Yellow Belt to Yellow Stripe: 9 Gup

Basic Actions

All Previous Basics

Toroso Choon Dan Kong Kyuck

Pahkeso Ahnero Maki

Yup Cha Gi

Ahneso Pahkero Cha Gi

Pahkeso Ahnero Cha Gi

Reverse Punch

Out-to-In Block

Side Kick (Slide up or step behind)

In-to-Out Crescent Kick

Out-to-In Crescent Kick

Combo Basic Action

Sang Dan Mako / Toroso Choon Dan Kong Kyuck

Hyung / Form

Kicho Hyung Il Bu / First Basic Form

Il Soo Shik / One Steps (Teens and Adults)

Hand and Foot Combinations 1 (without a partner, facing forward)

Ho Sin Sool / Self Defense

Neck Grab 1 (Children: Step back Out-to-In Block / Run)

(Adults: Step back Out-to-In Block / back fist / reverse punch)

Neck Grab 2 (Children - Double High Block, turn and run)

(Adults - Double High Block, Double Sudo Neck, Knee Kick)

Terminology / History

Choon Bee Jaseh: Ready Stance

Cha Ryut: Attention

Kyung Ret: Bow

Cheonman-eyo: You're Welcome

Personal Development Creed (may be tested)

1. Be a leader not a follower.
2. Think positive and positive things will happen.