



PKSA Karate Testing Requirements

Orange Belt to Orange Stripe: 8 Gup to 7 Gup

Basic Actions

All Previous Basics

Ha Dan Soo Do Maki

Hugul Yup Maki

Jang Kwan Kong Kyuck

Dull Ryo Cha Gi

E Dan Ahp Cha Gi

Low Knife Hand Block

In-to-Out Block (Back Stance)

Heel of Palm Strike

Round House Kick

Jump Front Kick

Combo Basic Action

San Dan Mako / Toroso Choon Dan Kong Kyuck / Ahp Cha Gi

Hyung / Form

All Previous Forms

Kicho Hyung Sam Bu / Third Basic Form

Il Soo Shik / One Steps (Teens and Adults)

Hand and Foot Combinations 1 - 4 - (without a partner, facing forward)

Ho Sin Sool / Self Defense

Metacarpal #1 from a static position (no takedown)

Metacarpal #2 from a static position (no takedown)

Side breakfall

Required Equipment / Uniforms

PKSA Approved Sparring Gear

Terminology / History

1 - 10 in Korean:

Hana, Tul, Set, Net, Tasot, Yasot, Ilgop,

Yodul, Ahop, Yul

Dan #s

Master Collins Sr. #21336

Grandmaster Collins Jr. #23750

Adults Only:

Pyung: Well Balanced, Calm, Peaceful

Ahn: Safe, Confident, Comfortable

Personal Development Creed: 1 & 2

3. Socialize with positive, goal oriented peers like yourself.

4. Develop the courage to stand up for yourself and do what is right.