



PKSA Karate Testing Requirements

Orange Stripe to Green Belt: 7 Gup to 6 Gup

Basic Actions

All Previous Basics

Choon Dan Soo Do Maki

Sang Dan Pal Coop Kong Kyuck

Kwan Soo Kong Kyuck

Ahp-Dull Ryo Cha Gi

Dwi Cha Gi

Middle Knife Hand Block

Elbow Strike Up

Piercing Hand Strike (Spear Hand)

Front-Roundhouse Kick

Back Kick

Combo Basic Action

Ha Dan Mako / Toroso Choon Dan Kong Kyuck / Toro Yup Cha Gi

Hyung / Form

All Previous Forms

Pyung Ahn Cho Dan / First Pyung Ahn Form

Il Soo Shik Dae Ryun / One Step Sparring (Teens and Adults)

Hand and Foot Combinations 1 - 6 (with a partner)

Ho Sin Sool / Self Defense

Headlock Defense

Metacarpal from any grab

Front breakfall

Kyok Pa / Breaking (may be tested)

Hammer Fist (Children)

Palm Strike or Punch (Adults)

Ja Yoo Dae Ryun / Free Sparring (may be tested)

1 on 1 padded

Terminology / History

Shi Jok: Begin

Song Cho Ki Bay Ray: Salute the Flag

Muk Nyum: Meditate

Ahnjo: Sit

Adults Only:

Six Striking Points: Temple, Bridge of Nose, In Choong, Neck, Solar Plex and Groin

Pyung: Well Balanced, Calm, Peaceful **Ahn:** Safe, Confident, Comfortable

Personal Development Creed: 1 - 4

5. Keep yourself physically and mentally fit.

6. Be truthful and just in all that you do.