



PKSA Karate Testing Requirements

Green Belt to Green 1 Stripe: 6 Gup to 5 Gup

Basic Actions

All Previous Basics

Chun Gul Sang Soo Maki

Sang Dan Soo Do Maki

Ha Dan Pal Coop Kong Kyuck (Hana)

Moo Rup Cha Gi

Yup Hu Ri Gi

Toro Yup Hu Ri Gi

Two Fisted Block

High Knife Hand Block

Elbow Strike Down #1

Knee Kick

Step Behind Hook Kick

Hook Kick off the back leg

Combo Basic Action

Ahneso Pahkero Mako / Toroso Choon Dan Kong Kyuck / Ahp Pallo Cha Gi

Hyung / Form

All Previous Forms

Pyung Ahn Ee Dan / Second Pyung Ahn Form

Weapons

Bong Hyung Cho Dan (*Tested at Green 2*)

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

Hand and Foot Combinations 1 - 8

Ho Sin Sool / Self Defense

Metacarpal from a right hand punch (inside / outside)

Metacarpal from a left hand punch (inside / outside)

Roll over break fall

Required Equipment / Uniforms

Green trimmed uniform with required patches

PKSA approved Sparring Gear

Bong

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

1 on 1 padded

Terminology / History

Maki: Block

Kong Kyuck: Attack or Strike

Cha Gi: Kick

Chun Gul Jaseh: Front Stance

Hu Gul Jaseh: Back Stance

Keemah Jaseh: Horse Ride Stance

Adults Only:

Pyung: Well Balanced, Calm, Peaceful

Ahn: Safe, Confident, Comfortable

Personal Development Creed: 1- 6

7. Focus on your schoolwork and drive yourself to over achieve.

8. Help your parents without being asked.