



PKSA Karate Testing Requirements

Green 1 Stripe to Green 2 Stripe: 5 Gup to 4 Gup

Basic Actions

All Previous Basics

Toroso Choon Dan Pal Coop Kong Kyuck

Ha Dan Pal Coop Kong Kyuck (Tul)

Dwi Dull Ryo Kap Kwan Kong Kyuck (Hana)

Dwi Dull Ryo Cha Gi

Koom Chi Cha Gi

Elbow Across off the back leg

Elbow Down (#2)

Spinning Back Fist #1

Spinning Back Kick

Heel Kick

Combo Basic Action

Ha Dan Soo Do Mako / Toroso Choon Dan Kong Kyuck / Dul Ryo Cha Gi

Hyung / Form

All Previous Forms

Pyung Ahn Sam Dan / Third 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 - 10

Ho Sin Sool / Self Defense

Leg Sweep Takedown #1 - Right hand punch

Leg Sweep Takedown #1 - Left hand punch

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

1 on 1 padded

Terminology / History

Ahp Cha Gi: Front Kick

Yup Cha Gi: Side Kick

Dull Ryo Cha Gi: Roundhouse

Ee Dan Ahp Cha Gi: Jump Front Kick

Ee Dan Yup Cha Gi: Jump Side Kick

Ee Dan Dull Ryo Cha Gi: Jump Roundhouse Kick

Adults Only:

Pyung: Well Balanced, Calm, Peaceful

Ahn: Safe, Confident, Comfortable

Personal Development Creed: 1 - 8

9. Give Priorities to the things that can help you to become a success in life.

10. Practice, practice, practice leads to mastery.