



PKSA Karate Testing Requirements

Green 2 Stripe to Red Belt: 4 Gup to 3 Gup

Basic Actions

All Previous Basics

Sang Soo Ha Dan-Sang Dan Maki

Yuk Soo Do Kong Kyuck

Keemah Pal Coop Kong Kyuck

Dwi Dull Ryo Kap Kwan Kong Kyuck (Tul)

Dwi Dull Ryo Ahenso Pahkero Cha Gi

X-Block Low/High

Ridge Hand Strike

Elbow in a horse riding stance

Spinning Back Fist #2

Spinning Crescent Kick

Combo Basic Action

Choon Dan Soo Do Mako / Toroso Choon Dan Kong Kyuck/ Toro Yup Hu Ri Gi

Hyung / Form

All Previous Forms

Pyung Ahn Sa Dan / Forth Pyung Ahn Form

Weapons

Bong Hyung Cho Dan

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

Hand and Foot Combinations 1 - 12

Ho Sin Sool / Self Defense

Arm Throw from a front punch

Hair Grab (seize hand, front kick to groin)

Kyok Pa / Breaking (may be tested)

Front Kick, Side Kick or Axe Kick

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

1 on 1 padded

Terminology / History

P'al: Arm
Bahl: Foot
Chu Mok: Fist
Myung Chi: Solar Plexus

Mok: Neck
Pal Coop: Elbow
Moo Rup: Knee

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

Personal Development Creed: 1 - 10