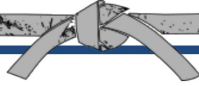




ITF and OMA Testing Requirements

White Belt to Yellow Belt | Sip (10) Gup to Ku (9) Gup



Basic Actions

Sang Dan Maki	High Block
Ha Dan Maki	Low Block
Kong Kyuck	Front Punch
Soo Do Kong Kyuck	Knife Hand Strike
Pahkeso Sang Dan Soo Do Kong Kyuck	Side Hand Strike
Ahp Cha Gi	Front Kick
Dull Ryo Cha Gi	Round Kick
Yup Cha Gi	Side Kick

Hyung / Form

Kicho Hyung Il Bu / Basic Form #1

Ill Soo Sik / One Step Sparring

Hand & Foot Combinations 1 & 2 (Adult)
Long Distance Sparring 1 & 2 (Children 12 & Under)

Hol Sin Sul / Self Defense

Wrist Grabs 1 & 2 (Children 12 & Under)
ITF Self Defense 1 & 2 (Adults Only)
Neck Grab Defense

Terminology / History

Dobok: Uniform

Dojang: Training Center

Tang Soo Do: Our Style of Karate

Origin of Tang Soo Do: **Korea**

FOCUS RULE: Focus with my Eyes, Focus with my Mind, & Focus with my Body

In Neh / Endurance

10 Push Ups / 10 Sit Ups / 10 Squats

Testing Fee: \$60 cash, charge, or Check Payable to Owosso Martial Arts
MUST Have ITF Membership or it is due with test registration \$30