



ITF and OMA Testing Requirements

Red 2 to Cho Dan Bu | Cho (1) Gup to 1st Pre-Test



Basic Actions

Ha Dan Mako / Toro Choon Dan Kong Kyuck / Sang Dan Maki
Choon Dan Kong Kyuck / Toro Choon Dan Kong Kyuck / Ahneso Pakero Maki
Choon Dan Wing Jin Kong Kyuck / Hugal Yup Mako / Sang Soo Ha Dan Maki
Chungul Sang Soo Mako / Toro Choon Dan Kong Kyuck / HaDanSooDoMaki
Ha Dan Soo Do Mako / ToroKwanSooKongKyuck / PahkesoSangDanSooDoKong Kyuck
Pahkeso Ahnero Mako / Toro Pahkeso Ahnero Mako / Sang Soo Hugal Yup Maki
Yuk Soo Kong Kyuck / Choon Dan Soo Do Mako / Sang Dan Maki
Dwi Cha Go / Sang Dan Mako / Toro Choon Dan Kong Kyuck / Ha Dan Soo Do Maki
Ahp Cha Go / Dull Ryo Cha Go / Dwi Cha Gi
Toro Yup Cha Go / Dwi Cha Go / Dull Ryo Cha Gi
Dull Ryo Cha Go / E Dan Ahp Cha Go / Dwi Cha Gi
Ahp Cha Go / E Dan Yup Cha Go / Dwi Cha Gi

Hyung

Pal Che Dae / Pal Che So / All Pyong Ahn Forms / Bong Hyung Cho Dan
Keemah Hyung Cho Dan (Symbol: Horse)

Ill Soo Sik / One Step Sparring

Hand and Foot Combinations 1 through 9

Ho Sin Sul / Self Defense

All ITF Wrist Grips

Kyok Pa (Breaking)

Three Station Break

Terminology / History

All Previous Terms from White Belt

In Neh / Endurance

50 Push Ups / 50 Sit Ups / 50 Squats

Testing Fee: \$60 cash, charge, or check
made payable to Owosso Martial Arts

Minimum 6 months of training and 42 classes attended
MUST HAVE AN AWESOME ATTITUDE AND BE
WILLING TO GIVE 110%