



ITF and OMA Testing Requirements

Green 2 to Red Belt | Sa (4) Gup to Sam (3) Gup



Basic Actions

Sang Soo Ha Dan Sang Dan Maki
 Dull Ryo Kap Kwan Kong Kyuck
 E Dan Ahp Dwi Cha Gi
 Toro Dull Ryo Cha Gi
 Fade In / Out Yup Cha Gi
 E Dan Dull Ryo
 Ahneso Pahkero Cha Gi
 E Dan Dull Ryo Yup Hu Rigi
 Yuk Gin Kong Kyuck

X Block Low High
 Spinning Back Fist
 Jump Front Reverse Back Kick
 Reverse Roundhouse Kick
 Fade In / Out Side Kick (Keemah)
 Jump Spinning In/Out
 Crescent Kick
 Jump Spinning Hook Kick
 Reverse Punch In Fighting
 Stance

Hyung / Form

Pyong Ahn O Dan / 5th Pyong Ahn Form / Symbol TURTLE
 Must perform all Pyong Ahn Forms as one Form

Ill Soo Sik / One Step Sparring

Hand & Foot Combinations 13, 14, & 15 (Adult)
 Long Distance Sparring 1-10 (Children 12 & Under)

Ho Sin Sul / Self Defense

Gun Defense 1 & 2(from front) 3 & 4 (from back)
 ITF Self Defense 13, 14, & 15 (Adults Only)

Kyok Pa (Breaking)

Back Wheel Kick

Terminology / History

P'al:	Arm	Bahl:	Foot
Chu Mok:	Fist	Mok:	Neck
P'al Coop:	Elbow	Moo Rup:	Knee
In Choong:	Between Nose & Mouth		

In Neh / Endurance

40 Push Ups / 40 Sit Ups / 40 Squats

Testing Fee:

\$60 cash, charge, or Check Payable to Owosso Martial Arts
 Must Demonstrate to Sa Bom Nim Bradford
 Pyong Ahn Forms Before Testing Day