



ITF and OMA Testing Requirements

Green 1 to Green Belt 2 Stripe | O (5) Gup to Sa (4) Gup



Basic Actions

Sang Soo Sang Dan Maki	X Block High
Choon Dan Pal Coop Kong Kyuck	Elbow Strike Across (Back Leg)
E Dan Ahp Ahp Cha Gi	Double Jump Front Kick
E Dan Ahp Dull Ryo Cha Gi	Jump Front Round Kick
Dull Ryo Ahneso Pahkero Cha Gi	Spinning In/Out Crescent Kick
Dull Ryo Yup Hu Rigi	Spinning Hook Kick
Bassi Kap Kwan Kong Kyuck	Back fist in Cross Leg Stance
Yuk Soo Kong Kyuck	In/Out Soo Do Block W/ Punch

Hyung / Form

Pyong Ahn Sam Dan / 3rd Pyong Ahn Form / Symbol TURTLE
 Pyong Ahn Sa Dan / 4th Pyong Ahn Form

Ill Soo Sik / One Step Sparring

Hand & Foot Combinations 11 & 12 (Adult)
 Long Distance Sparring 1-10 (Children 12 & Under)

Ho Sin Sul / Self Defense

Knife Defense 1 & 2
 ITF Self Defense 11 & 12 (Adults Only)

Kyok Pa (Breaking)

Jump Side Kick (Adults) Flying Side Kick (Children)

Terminology / History

Ahp Cha Gi:	Front Kick
Yup Cha Gi:	Side Kick
Dull Ryo Cha Gi:	Round House Kick
E Dan Ahp Cha Gi:	Jump Front Kick
E Dan Yup Cha Gi:	Jump Side Kick
E Dan Dull Ryo Cha Gi:	Jump Round House Kick

In Neh / Endurance

35 Push Ups / 35 Sit Ups / 35 Squats

Testing Fee: \$60 cash, charge, or Check Payable to Owosso Martial Arts