



ITF and OMA Testing Requirements

Green Belt to Green Belt 1 Stripe | Yuk (6) Gup to O (5) Gup



Basic Actions

Sang Soo Ha Dan Maki
Ha Dan Pal Coop Kong Kyuck
Toro Pahkeso Ahnero Maki
Sang Dan Soo Do Maki
Apollo Cha Gi
E Dan Dwi Cha Gi
E Dan Dullyo Cha Gi
Dwi Dull Ryo Cha Gi

X Block Low
Elbow Strike Down 1 & 2
Reverse Out to In Block
High Knife Hand Block
Axe Kick
Jump Back Kick
Jump Roundhouse Kick
Back Wheel Kick

Hyung / Form

Pyong Ahn E Dan / 2nd Pyong Ahn Form / Symbol TURTLE
Pyong Ahn Sam Dan / 3rd Pyong Ahn Form

Ill Soo Sik / One Step Sparring

Hand & Foot Combinations 9 & 10 (Adult)
Long Distance Sparring 1-10 (Children 12 & Under)

Ho Sin Sul / Self Defense

Bear Hug from Back
Floor Choke Defense
ITF Self Defense 9 & 10 (Adults Only)

Kyok Pa (Breaking)

Jump Front Kick

Terminology / History

Maki: Block

Kong Kyuck: Attack

Keemah Jaseh: Horse Ride Stance

Hu Gul Jaseh: Fighting Stance

Chun Gul Jaseh: Front Stance

In Neh / Endurance

30 Push Ups / 30 Sit Ups / 30 Squats

Testing Fee: \$60 cash, charge, or Check Payable to Owosso Martial Arts
Must have green trim uniform \$59 New or \$20 to have old uniform trimmed