



# ITF and OMA Testing Requirements

Orange Belt 1 Striped to Green Belt | Chil (7) Gup to Yuk (6) Gup



## Basic Actions

Chungul Sang Soo Maki	2 Fisted Middle Block
Choon Dan Soo Do Maki	Middle Knife Hand Block
Kwan Soo Kong Kyuck	Piercing Hand Strike
Yuk Soo Do Kong Kyuck	Ridge Hand Strike
Toro Ahneso Pahkero Maki	Reverse In to Out Block
Ahp Dullyo Cha Gi	Front Roundhouse Kick
Ahneso Pahkero Cha Gi	In to Out Crescent Kick
Pahkeso Ahnero Cha Gi	Out to In Crescent Kick

## Hyung / Form

Pyong Ahn Cho Dan / First Pyong Ahn Form / Symbol TURTLE  
Pyong Ahn E Dan / 2nd Pyong Ahn Form

## Ill Soo Sik / One Step Sparring

Hand & Foot Combinations 7 & 8 (Adult)  
Long Distance Sparring 1-6 (Children 12 & Under)

## Ho Sin Sul / Self Defense

Metacarpal Takedown (pin with knee on shoulder)  
Leg Sweep Takedown  
ITF Self Defense 7 & 8 (Adults Only)

## Kyok Pa (Breaking)

Elbow Across

## Terminology / History

**Shi Jok** : Begin

**Kuk Gi Bay Ray** : Salute the Flag

**Muk Nyum**: Meditate

**Ahnjo**: Sit

## In Neh / Endurance

25 Push Ups / 25 Sit Ups / 25 Squats

**Testing Fee:** \$60 cash, charge, or Check Payable to Owosso Martial Arts  
**Must be members of ITF or you will not be allowed to TEST**