



ITF and OMA Testing Requirements

Orange Belt to Orange Belt 1 Stripe | P'al (8) Gup to Chil (7) Gup



Basic Actions

Hugal Yup Maki	In to Out Block Fighting Stance
Ha Dan Soo Do Maki	Low Knife Hand Block
Choon Dan Wing Jin Kong Kyuck	Side Punch / Horse Stance
Jang Kwan Kong Kyuck	Heel of Palm Strike
Dwi Pal Koop Kong Kyuck	Elbow Strike Back
Moo Roop Cha Gi	Knee Kick
E Dan Yup Cha Gi	Jump Side Kick
Yup Hu Ri Gi	Step Behind Hook Kick

Hyung / Form

Kicho Hyung Sam Bu / Basic Form #3
 Pyong Ahn Cho Dan / First Pyong Ahn Form / Symbol TURTLE

Ill Soo Sik / One Step Sparring

Hand & Foot Combinations 5 & 6 (Adult)
 Long Distance Sparring 5 & 6 (Children 12 & Under)

Ho Sin Sul / Self Defense

One Hand Throat Grab w/ Punch
 Elbow Grab Defense
 ITF Self Defense 5 & 6 (Adults Only)

Kyok Pa (Breaking)

Knife Hand Strike (Children) Heal Palm Strike (Women) Reverse Punch (Men)

Terminology / History

Pyong: Well Balanced, Calm , Peaceful **Ahn:** Safe, Confident, Comfortable
1-10 in Korean: Hana, Tul, Set, Net, Tasot, Yasot
 Ilgop, Yodul, Ahop, Yul

In Neh / Endurance

20 Push Ups / 20 Sit Ups / 20 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