



ITF and OMA Testing Requirements

Yellow Belt to Orange Belt | Ku (9) Gup to P'al (8) Gup



Basic Actions

Ahneso Pahku Ro Maki	In to Out Block Front Stance
Sang Dan Pal Coop Kong Kyuck	Elbow Up
Toro Kong Kyuck	Reverse Punch
Kwan Do Kong Kyuck	Hammer Fist
Pahkeso Ahnero Maki	Outside to Inside Block
Toro Yup Cha Gi	Turning Side Kick
Toro Dwi Cha Gi	Spinning Back Kick
E Dan Ahp Cha Gi	Jump Front Kick

Hyung / Form

Kicho Hyung E Bu / Basic Form #2

Ill Soo Sik / One Step Sparring

Hand & Foot Combinations 3 & 4 (Adult)

Long Distance Sparring 3 & 4 (Children 12 & Under)

Ho Sin Sul / Self Defense

Bear Hug from Front (One Knee Strike, Step Back)

Head Lock Defense

ITF Self Defense 3 & 4 (Adults Only)

Kyok Pa (Breaking)

Hammer fist (children) Side Hand Strike (adults)

Terminology / History

Choon Bee Jaseh: Ready Stance

Cha Ryut: Attention

Kyung Ret: Bow

Type of Tang Soo Do:

Moo Duk Kwan

Master Instructor: **Sa Bom Nim**

Instructor: **Kyo Sa Nim**

Dan #s

Grand Master Kim #915

Master Dollinger #44637

Master Bradford #56435

In Neh / Endurance

15 Push Ups / 15 Sit Ups / 15 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