ITF and OMA Testing Requirements

Cho Dan Bu to Cho Dan Bu 1 Stripe | 1st Pre-Test to 2nd Pre-Test

Basic Actions

1-12 Advanced ITF Basic Actions /All Basic Actions White Belt & Up

Hyung

Pal Che Dae / Pal Che So / All Pyong Ahn Forms / Bong Hyung Cho Dan
Keemah Hyung Cho Dan (Symbol: Horse)

Ill Soo Sik / One Step Sparring

Hand and Foot Combinations 1 through 9

Ho Sin Sul / Self Defense

All ITF Wrist Grips

Kyok Pa (Breaking)

None

Terminology / History

All Previous Terms from White Belt

In Neh / Endurance

50 Push Ups / 50 Sit Ups / 50 Squats

Testing Fee: $60 cash, charge, or check
made payable to Owosso Martial Arts

Minimum 6 months of training and 42 classes attended
MUST HAVE AN AWESOME ATTITUDE AND BE
WILLING TO GIVE 110%