



Austin Karate Academy Testing Requirements



ORANGE-GREEN BELT PHYSICAL TESTING REQUIREMENTS (For Students testing for Orange-Green Belt 7th GUP)

Warm Up –

25 Push Ups, 25 Jumping Jacks, 25 Sit Ups, 50 Punches, Stretch Kicks (**Poto Oly Ki**)

Basic Stances *(Called in Korean)* –

Cha Ryt	<i>(Attention)</i>
Choon Bee Ja Seh	<i>(Ready Stance)</i>
Chun Kul Ja Seh	<i>(Front Stance)</i>
Hu Kul Ja Seh	<i>(Fighting Stance)</i>
Kee Ma Ja Seh	<i>(Horse Riding Stance)</i>

Hand Techniques *(Called in Korean)* –

Ha Dan Mahk Ki	<i>(Low block)</i>
Sang Dan Mahk Ki	<i>(High block)</i>
Choong Dan Kong Kyuck	<i>(Middle section punch)</i>
Sang Dan Kong Kyuck	<i>(High section punch)</i>
Ahneso Phaku ro Mahk Ki	<i>(Inside outside block)</i>
Phakuso Ahnu ro Mahk Ki	<i>(Outside inside block)</i>
Pahl Put Ki Punches	<i>(Punching Exercise in Horse Stance)</i>

Kick Techniques *(Called in Korean)* –

Ahp Cha Ki	<i>(Front kick)</i>
Yup Cha Ki	<i>(Side kick)</i>
Mirro Yup Cha Ki	<i>(Step behind side kick)</i>
Tollyo Cha Ki	<i>(Round House kick)</i>
Dwi Tollyo Cha Ki	<i>(Spinning Back Kick)</i>
E Dan Ahp Cha Ki	<i>(Jump Front Kick)</i>
E Dan Yup Cha Ki	<i>(Jump Side Kick)</i>
E Dan Tollyo Cha Ki	<i>(Jump Side Kick)</i>

Power Kicking –

Each kick will be done 5 times with each leg to measure power and muscle endurance.

1. Ahp Cha Ki *(Front kick)*
2. Yup Cha Ki *(Side Kick)*
3. Tollyo Cha Ki *(Roundhouse kick)*



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Rolls & Break Falls –

1. **Forward Roll (both shoulders) – Standing**
2. **Backward Roll (both shoulders) – Standing**
3. Front Break Fall – kneeling
4. Back Break Fall – kneeling

Forms –

1. Sae Kye Hyung IL Bu
2. Sae Kye Hyung E Bu
3. **Sae Kye Hyung Sam Bu**

One Steps –

1. Hands 1-6 **(New 5-6)**
2. Feet 1-6 **(New 5-6)**
3. Self Defense (Ho Sin Sul) 1-6 **(New 5-6)**