



## Austin Karate Academy Testing Requirements

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### GREEN-BROWN BELT PHYSICAL TESTING REQUIREMENTS (For Students testing for Green-Brown Belt 5<sup>th</sup> GUP)

#### Warm Up –

50 Push Ups, 50 Jumping Jacks, 50 Sit Ups, 75 Punches, Stretch Kicks (**Poto Oly Ki**)

#### Basic Stances (*Called in Korean*) –

Cha Ryut	(Attention)
Choon Bee Ja Seh	(Ready Stance)
Chun Kul Ja Seh	(Front Stance)
Hu Kul Ja Seh	(Fighting Stance)
Kee Ma Ja Seh	(Horse Riding Stance)

#### Hand Techniques (*Called in Korean*) –

Ha Dan Mahk Ki	(Low block)
Sang Dan Mahk Ki	(High block)
Choong Dan Kong Kyuck	(Middle section punch)
Sang Dan Kong Kyuck	(High section punch)
Ahneso Phaku ro Mahk Ki	(Inside outside block)
Phakuso Ahnu ro Mahk Ki	(Outside inside block)
Pahl Put Ki Punches	(Punching Exercise in Horse Stance)
Choong Dan Hang Jin	(Side punch)
Choong Dan Soo Do Mahk Ki	(Middle knife hand block)
Ha Dan Soo Do Mahk Ki	(Low knife hand block)
Kwon Do	(Hammer Fist)
<b>Kwan Soo Kong Kyuck</b>	<b>(Spear hand)</b>
<b>Hu Gul Ssang Soo Mahk Ki</b>	<b>(Reinforced block – fighting stance)</b>
<b>Chun Gul Ssang Soo Mahk Ki</b>	<b>(Reinforced block – front stance)</b>

#### Kick Techniques (*Called in Korean*) –

Ahp Cha Ki	(Front kick)
Yup Cha Ki	(Side kick)
Mirro Yup Cha Ki	(Step behind side kick)
Tollyo Cha Ki	(Round House kick)
Dwi Tollyo Cha Ki	(Spinning Back Kick)
E Dan Ahp Cha Ki	(Jump Front Kick)
E Dan Yup Cha Ki	(Jump Side Kick)
E Dan Tollyo Cha Ki	(Jump Side Kick)
Ahneso Phaku ro Cha Ki	(Inside outside kick)
Phakeso Ahnu ro Cha Ki	(Outside inside kick)
Cchiki Cha Ki	(Axe kick)
<b>Yup Hu Ryo Cha Ki</b>	<b>(Hook Kick)</b>



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### Combination Techniques (*Called in English*)

Simple Combinations of Hand/Kick Techniques

### Jump Kicking Drill

60 Seconds free form jump kicking against a pad. Use both feet. Get in the air.

### 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)
4. Dwi Tollyo Cha Ki (Spinning Back Kick)

### Rolls & Break Falls –

1. Forward Roll (both shoulders)
2. Backward Roll (both shoulders)
3. Front Break Fall
4. Back Break Fall
5. Side Break Falls – crouching

### Forms –

1. Sae Kye Hyung IL Bu
2. Sae Kye Hyung E Bu
3. Sae Kye Hyung Sam Bu
4. Pyung Ahn Cho Dan
5. Pyung Ahn E Dan

### One Steps –

1. Hands 1-10 (New 9-10)
2. Feet 1-10 (New 9-10)
3. Self Defense (Ho Sin Sul) 1-10 (New 9-10)

### Free Sparring (Dae Ryun) –

Each candidate will spar two times – 1 min each round

### Breaking (Kyuck Pa) –

The following dimensions to be used for the wood:

- Ages 12 & under: 1 x 12 x **6 inches**
- Ages 13 - 16: 1 x 12 x **8 inches**
- Ages 17 and above: 1 x 12 x **10 inches**

**Power Hand Break – 1 board**

**Power Kick Break – 1 board**