



Austin Karate Academy Testing Requirements



BLUE BELT PHYSICAL TESTING REQUIREMENTS (For Students testing for Cho Dan Bo)

Warm Up –

100 Push Ups, 100 Jumping Jacks, 100 Sit Ups, 150 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)
Kyo Cha Rip Ja Seh	(Cross Leg Stance)
Sa Ko Rip Ja Seh	(Side Stance)

Hand Techniques (*Called in Korean*) –

(Should be able to perform forward or backward)

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)
Kwan Soo Kong Kyuck	(Spear hand)
Hu Gul Ssang Soo Mahk Ki	(Reinforced block – fighting stance)
Chun Gul Ssang Soo Mahk Ki	(Reinforced block – front stance)
Soo Do Kong Kyuck	(Chop/knife hand attack)
Kap Kwon	(Back Fist)
Jang Kwon	(Palm heel strike)
Ssang Soo Ha Dan Mahk Ki	(Low x-block)
Ssang Soo Sang Dan Mahk Ki	(High x-block)
Yuk Jin	(Knife hand block & closet punch in fighting stance)
Yuk Soo	(Knife hand block fighting stance, punch in front stance)
Choi Ha Dan Soo Do Mahk Ki	(Lowest Knife Hand Block)
Yuk Soo Do Kong Kyuck	(Ridge hand strike)



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Kick Techniques (*Called in Korean*) –

(Should be able to perform forward or backward)

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)
Yup Hu Ryo Cha Ki	(Hook Kick)
Dwi Yup Hu Ryo Cha Ki	(Spinning Hook Kick)
Dwi Hu Ryo Cha Ki - High	(Wheel Kick - High)
Dwi Huryo Cha Ki - Low	(Spinning wheel kick – low)
Bit Cha Ki	(Diagonal kick)
Dwi Huryo Cha Ki (High and Low)	(Spinning wheel kick – high & low)
DEAH KICKS	(BACK LEG JUMP KICKS)
Tornado Kick	

Combination Techniques (*Called in English*)

Advanced 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 muscular 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)
5. Deah Ahp Cha Ki (Jump front kick)
6. Deah Yup Cha Ki (Jump side kick)
7. Deah Tollyo Cha Ki (Jump roundhouse kick)
8. Deah Dwi Cha Ki (Jump spinning back kick)



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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 (both shoulders)
6. Forward Roll, Backward Roll, Front Break Fall
7. Forward Roll into a Break Fall

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
6. Pyung Ahn Sam Dan
7. Pyung Ahn Sa Dan
8. Bong Hyung Il Bu
9. Pyung Ahn O Dan
10. Bassai

11. Naihanchi Cho Dan

12. Bong Hyung E Bu

One Steps –

1. Hands 1-20 **(New 19-20)**
2. Feet 1-20 **(New 19-20)**
3. Self Defense (Ho Sin Sul) 1-20 **(New 19-20)**

Free Sparring (Dae Ryun) –

1. Each candidate will spar two times – 1 min each round
2. Two-on-One Sparring one time – 30 seconds defending

Breaking (Kyuck Pa) –

The following dimensions are 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 (2 boards for Age 17+)

Power Kick Break – 2 boards

Combination Break – 3 boards combination (one kick, one jump kick and one hand)

Speed Break – 1 board any hand or kick technique for 17+ candidates