



BELT TEST REQUIREMENTS



Pyong Ahn Cho Dan
In-Out Kick
Blocks w/Reverse Punch
Spar

**TOLL FREE NUMBER FOR ALL STUDIOS
1-800-524-5822**

MID-AMERICA KARATE | P.O. Box 2003 | BARTLESVILLE, OK 74003 | (918) 336-1112

**COPYRIGHT © 2008 MID-AMERICA KARATE, INC
ALL RIGHTS RESERVED**