

The Fitness Test

As part of their black belt rank or midterm test, each black belt student, including students testing for first degree (decided), will take a fitness test.

The number of push-ups and sit-ups will be tracked for each student in each fitness test. Students are expected to improve their total by 10 percent at their next testing.

Testers will also be assessed on power, technique, and endurance.

Each segment will be 1 minute long.



	Spring	Fall
Segment 1	Push-ups	
Segment 2	Sit-ups/crunches	
Segment 3 Punch and kick combination #1	From a left sparring stance: <ul style="list-style-type: none"> • Left jab • Right cross • Left hook • #2 Right kick: round or front 	From a left sparring stance: <ul style="list-style-type: none"> • Left jab • Left jab • Right cross • Left hook • Right hook • Axe kick
Segment 4 Punch and kick combination #2	From a left sparring stance: <ul style="list-style-type: none"> • Left jab • Right cross • Left hook • Right cross Jump into a right sparring stance <ul style="list-style-type: none"> • #2 Left kick: round or front • Return to left sparring stance 	From a left sparring stance: <ul style="list-style-type: none"> • Protect head (left) • Protect head (right) • Right uppercut • Left uppercut • Knee
Segment 5 Kick combination	From a left sparring stance: <ul style="list-style-type: none"> • #2 Right front kick • #2 Right round kick • Reverse right side kick From a right sparring stance: <ul style="list-style-type: none"> • #2 Left front kick • #2 Left round kick • Reverse left side kick 	