

(Fitness Test will be adapted to the student capabilities) Student must show good form with each basic or exercise, and show a 100% effort)
If students has difficulty, the instructor will discuss it with you, and a develop a plan for the student... They will also geta chance to re-test if they fail...

If a student passes, they will receive a red stripe on their belt...

(Fitness Test,
Requirement of each)

		75	75	75	75
(100)	SIT UPS/CRUNCHES				
(20)	WALK-UPS				
(50)	SQUAT KICKS				
(50)	BACK KNUCKLE/Punch Right				
(50)	BACK KNUCKLE/Punch Left				
(40)	SIDE KICKS Right				
(40)	SIDE KICKS Left				
(40)	ROUNDHOUSE KICKS Right				
(40)	ROUNDHOUSE KICKS Left				
(25)	Push-Ups/Crunches				
(20)	BURPEES				

		75	75	75	75
(40)	SNAP KICKS Right				
(40)	SNAP KICKS Left				
(75)	SEATED LEG LIFTS				
(40)	HOOK KICKS Right				
(40)	HOOK KICKS Left				

Purple thru 1st Brown
300 Reps

**I have witnessed my child finish all
of the required KILOS.**

Parent Signature: _____

I _____ have finished all of my KILOS.

(Student Name)

BELT LEVEL: _____ DATE: _____

When finished, please turn in to your Instructor, for Belt Testing.

**There will be a Fitness Test done in class BEFORE their actual Belt Test & Promotion
to make sure student can perform the required tasks. Please check school calendar.**

We will be doing a Fitness Week Test per Month; during class.