

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

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(50)	HORSE STANCE W/PUNCHES					
(20)	BACK KNUCKLES					
(10)	BLOCKING SET 1					
(10-15)	PUSH -UPS or Planks					
(20)	JUMPING JACKS					
(20)	Right SIDE KICKS					
(20)	Left SIDE KICKS					

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(50)	SIT UPS/CRUNCHES					
(20)	Right ROUNDHOUSE KICKS					
(20)	Left ROUNDHOUSE KICKS					

Yellow thru Advanced Orange Belts
...150 Reps of each.

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 having a Fitness Week Test per Month; during Class.