

(Fitness Test will be adapted to the students capabilities) (Student must show goof form with each basic and 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)

	125	125	125	125
(100) SIT UPS/CRUNCHES				
(30) WALK-UPS				
(50) SQUAT KICKS				
(50) BACK KNUCKLE/Punch Right				
(50) BACK KNUCKLE/Punch Left				
(50) SIDE KICKS Right				
(50) SIDE KICKS Left				
(50) ROUNDHOUSE KICKS Right				
(50) ROUNDHOUSE KICKS Left				
(35) Push-Ups/Crunches				
(30) BURPEES				

	125	125	125	125
(50) SNAP KICKS Right				
(50) SNAP KICKS Left				
(100) SEATED LEG LIFTS				
(50) HOOK KICKS Right				
(50) HOOK KICKS Left				

Black Belts

500 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 1 Fitness Test Week per Month; during class.