

## Black Belt Testing Fitness Requirements

<b>Testing Time Limits</b>	Age	Maximum Time Limit
<b>Per Requirement</b>	6 - 8	8 Minutes
	9 - 12	7 Minutes
	13 - 18	5 Minutes
	19 - 39	6 Minutes
	40 And Above	7 Minutes
<b>Push Ups</b>	30 each	** Depth Markers Required
	<b>1 Minute Break</b>	
<b>Sit Ups</b>	50 each	** Depth Markers Required
<b>Or</b>		
<b>Plank</b>	3 Rounds of 90 Seconds	** Position Marker Required
	<b>1 Minute Break</b>	
<b>Running</b>	1 mile (or 9 minutes)	** Maybe Offsite or In Class
	<b>5 Minute Break</b>	
<b>Sparring Focus</b>	Punching/Strikes	2 Rounds 3 Minutes Each
	<b>1 Minute Break Per Round</b>	
<b>Sparring Focus</b>	Kicking Combinations	3 Rounds 3 Minutes Each
	<b>1 Minute Break Per Round</b>	
<b>Strategy &amp; Points</b>	Combined Strikes & Kicks	4 Rounds 3 Minutes Each
	<b>1 Minute Break Per Round</b>	
<b>Modifications will be made to accommodate physical limitations.</b>	<b>Don't Forget</b>	<p><b>** 1 Minute Break In Between Rounds</b></p> <p><b>3 Attempts Max Per Board Break</b></p> <p><b>2:10 Minutes Your Form Any Direction</b></p> <p><b>Weapons Forms      Combinations Required</b></p> <p><b>Bring Sparring Gear &amp; Water</b></p>