



Black Belt Fitness Test Requirements

The test consists of five rounds. They are to be completed continuously, with no rest between rounds. To pass the test, the entire test must be completed within the following time limits:

Age	Time Limit
6-8	8 min
8-12	7 min
13-39	5 min
40-59	6 min
60 and up	7 min

Here are the five rounds:

Round	Activity	Instructions	Score
1	Pushups	30 pushups	30
2	Situps	50 situps	50
3	Kick Combos	10 sets of combos #17-18 (see below)	60
4	Strike/Kick Combos	10 sets (see below)	60
5	Punch Combos	10 sets of combos #1-4 (see below)	100
Total Score			300

Kick Combos – Use Shield

Warrior Combination #17 – Left Sparring Stance

- Left #1 or #3 front kick (depending on distance)
- Right #2 round kick, return foot
- Right back kick, return foot

Warrior Combination #18 – Left Sparring Stance

- Right #2 or #4 front kick (depending on distance)
- Switch stances and left #2 round kick, return foot
- Left reverse side kick, double step back to left sparring stance

Strike/Kick Combos – Use Shield

Left Sparring Stance

- Left jab
- Right cross
- Right #2 round kick, return foot

Continue on to...

- Left jab
- Right cross
- Switch stances and left #2 round kick, double step back to left sparring stance

Punch Combos – Use Mitts

Warrior Combo #1 – Left jab

Warrior Combo #2 – Left jab, right cross

Warrior Combo #3 – Right cross, left hook, right cross

Warrior Combo #4 – Left jab, right cross, left hook, right cross