

Physical Fitness Test

Instructions for Students

In order to save valuable classroom time for technique training, we have modified the Fitness Test stripe procedures such that students have the option to complete the test at home vs during class and to allow the student the entire quarter to meet their requirements to get their stripe. The following steps outline the procedure to perform your test. For students who do not want to take their test at home, a fitness test day is available on the fourth Saturday of each month (with the exception of December).

Step 1: Download and print material and watch the video demonstration

The files detailing instructions for your test, the sheet to record your scores, and the link to watch the demonstration video is available on your student app or using the link provided in the student handbook to the online training material. Alternatively, you may request a copy from the front desk at the school if you prefer. Become familiar with how to accomplish each component, the minimum needed for each area, and how to fill out the scorecard. **NOTE: The fitness chart is listed by your NEXT RANK. In other words, if you are currently a Green Belt, you must meet the requirements listed under Green/Black Belt to earn your fitness stripe.**

Step 2: Pick out a day/time to do the test

Pick a day that you are well-rested and feeling good. Ensure that you are hydrated and stretch before beginning the test. Wear appropriate clothes/shoes and have a stopwatch/timer available. Find an area either outside or inside that is flat, smooth, and free of obstructions that may hinder your ability to perform the components of the test. A hard wall is required for the wall sit component. Make sure your pets (if you have any) will not interfere with your test.

Step 3: Do the test

Students may accomplish the 4 required components in any order they desire. The video will explain how to accomplish each component of the test. The charts at the end of this document will also provide you with the minimum passing scores for each component based on your next rank. Review the goal for each component and ensure you know what your target is so you can be motivated to reach that goal.

Step 4: Record your scores

Write down your scores and compare them to the required minimum scores on the chart. If you fail to meet the minimum in any component, you may retake that component as many times as you want to. The retest of a component does not have to happen in the same day either.

Step 5: Submit your scores

Bring your completed scoresheet to your instructor at the school and receive your fitness stripe (blue) for the quarter. Congratulations, you are done!

Pak's Karate Louisiana Fitness Chart

<u>Next Rank</u>	Pushups		Situps Required (3 min)	Plank Time (in Seconds)	Wall Squat Time (in Seconds)	Jumping Jacks (5 min)	Step Jack Alternate (5 min)
	Pushups Required (90 sec)	from knees Option					
Yellow/White	12	10	11	40	40	15	10
Yellow	14	15	15	45	45	25	20
Yellow/Black	16	20	19	50	50	35	30
Green/White	18	25	23	55	55	45	40
Green	20	30	27	60	60	55	50
Green/Black	22	40	31	65	65	70	60
Blue/White	24	48	35	70	70	80	70
Blue	26	52	39	75	75	90	80
Blue/Black	28	56	43	80	80	100	90
Brown/White	30	60	47	85	85	120	100
Brown	32	64	51	90	90	130	110
Brown/Black	34	68	55	95	95	140	120
Red/White	36	72	59	100	100	150	130
Red	38	76	63	105	105	170	140
Red/Black	40	80	67	110	110	180	150
Black/White	42	84	71	115	115	190	160

Component Instructions:

Pushup - Students must put their hands and feet on ground and support themselves such that their body is aligned in a straight position. No sagging of the lower body or rising of the butt into the air allowed. While keeping head straight, lower body by bending arms down such that the elbow bends to a 90 degree position. Raise body back up to arms fully extended position. This counts as 1 pushup. If the "from knees" option is used, student will raise their feet off the floor such that only their knees and hands are resting on the floor. Position body such that the legs and the back are aligned in a straight manner. Execute the pushup the same way as described above. Students may rest in any position but counting stops when time reaches 90 seconds.

Situp Option - Students lay on the floor with their legs bent at a comfortable angle. Students are allowed to have someone hold their feet or to put their feet under an object to hold them in place if they choose. Hands must be either behind the head, held next to the ears, or crossed over the chest with fingertips touching the shoulder. Students must sit all the way up and lower themselves all the way back to the floor to count as 1 situp. Students MAY NOT swing their arms to help them sit up. Fingers must remain behind the head, touching the ears, or touching the shoulder AT ALL TIMES for the situp to count. Resting is allowed in any position but counting stops when time reaches 3 minutes.

Plank Option - Students must position themselves such that their elbows and forearms are on the floor as well as their feet. No other body part may touch the floor at any time during the execution of this option. Position body such that the entire body is in a straight line from ankle to head. Butt may not be protruding up into the air (mountains) or sagging to the floor in the middle (valleys). Hold the position for as long as you can. Students may shift feet and arms during the time but time stops the moment any other body part touches the floor or if the body arches/sags for more than 1 second.

Wall Sit - Student must sit against a wall such that their lower legs are straight up from the floor when in the seated position (no angled lower legs). Lower body down such that the knees make a 90 degree bend. To help visualize this, place a basketball (or similar size ball) on the student's lap. The ball should not roll off if the body is in the correct position. Arms may be placed anywhere on the body or hang freely to their side but MAY NOT be braced on the wall in any manner. Students must hold this position for as long as they can. Time stops when the student stands back up or falls to the floor.

Jumping Jack - Student will start in standing position with feet together and arms to side. Student will then jump up and move feet apart while swinging their arms up over their head and touching their fingertips together. Student then jumps again and returns to the starting position. This counts as 1 jumping jack. For the "Step Jack" option, student will start in the same position with feet together and arms to side. Student will step out with the right foot while swinging their arms up over their head and touching their fingertips together. Student will then return to the starting position and repeat the step out with the left foot. A cycle of one right foot and one left foot will count as 1 full jumping jack.

Fitness Score Card for Students

Student Name:

Test Quarter Month & Year:

Student Current Rank:

Student Next Rank:

Witness/Parent Name:

Date Test Taken:

Component 1 - Upper body strength/endurance

Note: Students with injuries or still developing strength may use the "from knees" option.

Pushups - Students have 90 seconds to complete as many proper pushups as they can

Number Required:

Number Completed:

I used the "from knees" option: Yes / No

Component 2 - Core strength/endurance (pick only 1 of the two options)

Situp Option - Students have 3 minutes to complete as many proper situps as they can

Number Required:

Number Completed:

Plank Option - Students must hold the plank position for a minimum of the listed time for their rank

Minimum Time Required:

Time Plank Held:

Component 3 - Lower body endurance

Wall Squat - students must hold an unsupported seated position against a wall for the listed time for their rank

Minimum Time Required:

Time Squat Held:

Component 4 - Cardio (students with medical impact restrictions use the Step Jack Alternate)

Jumping Jacks - students must complete as many proper jumping jacks as they can in 5 minutes

Number Required:

Number Completed:

I used the Step Jack Alternate: Yes / No

By my signature below, I am certifying that I completed my fitness test following the instructions provided, that I properly executed each section of the test, and that the numbers/times listed on the scoresheet are accurate. I understand that my instructors may ask me to perform a demonstration of parts of my test in class to spot-check performance and execution technique. Additionally, I understand that if it is discovered that I falsified or otherwise compromised the integrity of the test, I may be required to perform future fitness stripe tests at the school on designated Makeup Stripe Days.

Signature of Student:

By my signature below, I am validating that the above student properly completed their fitness test per the instructions provided and that the numbers/times listed on this sheet are accurate.

Signature of Witness/Parent: