



MINIMUM STRENGTH, FLEXIBILITY AND ENDURANCE REQUIREMENTS FOR BLACK BELT AND STAR TESTING

GROUP	STRENGTH (For Degrees and Stars)	
	PUSH UPS	SIT UPS / 1 Minute
Boys 8 and under	30	30
Boys 9 and 10	35	35
Boys 11 and 12	40	40
Boys 13 and older	75	60
Men	75	60
Sr. Men 50+	50	50
Girls 8 and under	20	30
Girls 9 and 10	25	35
Girls 11 and 12	30	40
Girls 13 and up	40	50
Women	40	50
Sr. Women 50+	25	45
FLEXIBILITY (For Degrees and Stars)		
Boys & Girls 12 & under	Right Side Split (<i>Full</i>) Left Side Split (<i>Full</i>) Straddle Split (<i>Full</i>) Standing Hamstring (<i>Palms Flat</i>)	
Boys & Girls 13 + Adult Men & Women	Instructor will set individualized goals	
ENDURANCE (For Degrees Only)		
Children & Adults – 1 st Degree	Sparring 10 Minutes Continuous Grappling (2) 4-Minute Rounds	
Children & Adults – 2 nd Degree	Kickboxing (3) 2-Minute Rounds Grappling (2) 6-Minute Rounds	
Children & Adults – 3 rd Degree	Kickboxing (5) 2-Minute Rounds Grappling (3) 6-Minute Rounds	