

(Fitness Test will be adapted to the student capabilities. Student must show good form with each basic or exercise, and show a 100% effort)
 If student had difficulty, the instructor will discuss it with you, and develop a plan for the student... They also get a chance to re-test if they fail...
 If a student passes, they will receive a red stripe on their belt...

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HORSE STANCE W/ PUNCHES					
BACK KNUCKLES					
BLOCKING SET 1					
RIGHT SNAP KICKS					
LEFT SNAP KICKS					
PUSH-UPS					
JUMPING JACKS					
RIGHT SIDE KICKS					
LEFT SIDE KICKS					

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SIT-UPS/CRUNCHES					
RIGHT ROUNDHOUSE KICKS					
LEFT ROUNDHOUSE KICKS					

Pee-Wee Yellow thru Advanced Orange

50 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 he required tasks. Please check school calendar.