

FITNESS PROGRESS GUIDE



Belt Level	Fitness Guide
White	Demonstrate 10 push ups, 10 sits, 10 squats correctly. 2 by 30 seconds kickboxing on Focus Mitts. 2 by 20 seconds kickboxing on Strike Shield.
Yellow	Demonstrate 15 push ups, 15 sits, 15 squats correctly. 3 by 30 seconds kickboxing on Focus Mitts. 2 by 30 seconds kickboxing on Strike Shield
Green Tip	Demonstrate 20 push ups, 20 sits, 20 squats correctly. 4 by 30 seconds kickboxing on Focus Mitts. 3 by 30 seconds kickboxing on Strike Shield. 2 x 2 minute sparring (contact/non-contact)
Green	Demonstrate 20 push ups, 20 sits, 20 squats, 10 cat stretches. 4 by 30 seconds kickboxing on Focus Mitts. 4 by 30 seconds kickboxing on Strike Shield. 4 x 2 minute sparring (contact/non-contact)
Blue Tip	Demonstrate 30 push ups, 30 sits, 30 squats, 10 cat stretches. 3 by 60 seconds kickboxing on Focus Mitts. 3 by 60 seconds kickboxing on Strike Shield. 5 x 2 minute sparring (contact/non-contact)
Blue	50 push ups, 50 sit ups, 50 squats, 20 cat stretches. 3 by 2 minute rounds on the focus mitts. 3 by 2 minute rounds on the strike shields. 20 Break falls. 6 x 2 minute sparring (contact/non-contact)
Brown Tip	60 push ups, 60 sit ups, 60 squats, 20 cat stretches. 2 by 2 minute rounds of push ups sit ups squats. 1 by 10 leap frogs. 3 by 2 minutes rounds on the focus mitts. 3 by 2 minute rounds on the strike shields. 20 Break falls. 7 x 2 minute sparring (contact/non-contact)
Brown	70 push ups, 70 sit ups, 70 squats, 20 cat stretches. 2 by 2 minute rounds of push ups sit ups squats. 1 by 10 leap frogs. 4 by 2 minutes rounds on the focus mitts. 4 by 2 minute rounds on the strike shields. 20 Break falls. 8 x 2 minute sparring (contact/non-contact)
Red Tip	80 push ups, 80 sit ups, 80 squats. 20 cat stretches. 3 by 2 minute rounds of push ups sit ups squats. 2 by 10 leap frogs. 5 by 2 minutes rounds on the focus mitts. 5 by 2 minute rounds on the strike shields. 20 Break falls. 9 x 2 minute sparring (contact/non-contact)
Red	100 push ups, 100 sit ups, 100 squats. 25 Cat Stretches. 4 by 2 minute rounds of push ups sit ups squats. 3 by 10 leap frogs. 6 by 2 minutes rounds on the focus mitts. 6 by 2 minute rounds on the strike shields. 50 Break falls. 10 x 2 minute sparring (contact/non-contact)

