

GRANDMASTER KIM'S ACADEMY OF TAE KWON DO, INC

PHYSICAL ENDURANCE TESTING FOR BLACK BELT

NAME: _____ DOB: _____ AGE: _____ GENDER: _____

SPRINTING: _____ minutes _____ seconds (20 reps)

SQUAT JUMPS: _____ One minute (20/30/40 minimum)

PUSHUPS: _____ One minute (20 / 30 / 40 / 50)

SITUPS: _____ One minute (30/40/50)

LEG SWING: _____ One minute (15/20/25)

ROUND HOUSE KICKS _____ TOTAL TWO minutes (120/140/160)

Right _____ Left _____

JUMPING SIDE KICK _____ 2 minutes (50)

Right _____ Left _____

BALANCE A: _____ Seconds (30 seconds maximum)

BALANCE B: _____ Seconds

BALANCE C: _____ Seconds

BALANCE D: _____ Seconds

GRAND TOTAL: OUTSTANDING \ EXCELLENT \ GOOD \ AVERAGE \ TEST AGAIN

COMMENTS: _____

GRANDMASTERS SIGNATURE: _____

JUDGES SIGNATURE: _____