Exercise Patches:

Sit-ups must be done with-in 1 minute. (Worn on the left shoulder).

*Instructor must be present. Students will test once a month for fitness stripes.

Ages 4-6

1\textsuperscript{st} Red Patch (10 push-ups 20 sit-ups)

2\textsuperscript{nd} White Patch (15 push-ups 25 sit-ups)

3\textsuperscript{rd} Blue Patch (30 push-ups 45 sit-ups)

Ages 7 and up

1\textsuperscript{st} Red Patch (15 push-ups 25 sit-ups)

2\textsuperscript{nd} White Patch (30 push-ups 45 sit-ups)

3\textsuperscript{rd} Blue Patch (40 push-ups 55 sit-ups)

4\textsuperscript{th} Gold Patch (50 push-ups 65 sit-ups)

5\textsuperscript{th} Black Patch (60 push-ups 70 sit-ups)

Belt Testing Patches:

Throughout each cycle we look for students who display the type of focus and respect we expect out of our students. The following patches are given out at each belt test to students who exhibits these qualities.

*Focus

*Respect

*Best Break

*Best Form

*Best Sparring