



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

1st Red Patch (10 push-ups 20 sit-ups)

2nd White Patch (15 push-ups 25 sit-ups)

3rd Blue Patch (30 push-ups 45 sit-ups)

Ages 7 and up

1st Red Patch (15 push-ups 25 sit-ups)

2nd White Patch (30 push-ups 45 sit-ups)

3rd Blue Patch (40 push-ups 55 sit-ups)

4th Gold Patch (50 push-ups 65 sit-ups)

5th 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**