

World Martial Arts Ranking Association Southern California Region

Black Belt Fitness Test Standards

To inspire our Instructors and students towards our martial arts goals of strength, body-control, and endurance, our region is adopting the following Black Belt Fitness Test Standards:

Single set of strict movements in these five events*

1. **Squats** - heels on ground, minimum 90 degree knee bend
2. **Push-ups** - minimum 90 degree elbow bend
3. **Hanging Leg Lifts** - minimum 90 degree bend leg to torso
4. **Pull-ups** - dead hang, no kipping, or **Hangs** for women
5. **Burpees** - 6 count, feet leave ground on counts 2, 5 & 6

* There will be movement modifications or alternatives events offered in the case of health or safety issues.

Scoring

1. Points accumulate for **every correctly completed repetition** in each single-set event, up to 40 points per event.
2. Each uncompleted repetition results in **time being added to the total test time**. The added time for uncompleted repetitions is accumulated over all five events before being added to the final test time. Added time for each uncompleted repetition:
 - Squats**: 5 seconds
 - Push-ups**: 5 seconds
 - Leg-lifts**: 5 seconds
 - Pull-ups**: 15 seconds or **Hang**: double the uncompleted number of seconds
 - Burpees**: 10 seconds
3. Minimum allowed repetitions, maximum allowed time for complete test (including added time), total points necessary to pass, as well as First, Second, and Third Class grading are all **age-indexed**.
4. Minimum passing grade for **First Degree candidates is Third Class**. The goal for **Second and Third Degree candidates is First or Second Class**.

Please see over for complete **Scoring Charts**, and more details.

Black Belt Fitness Test Scoring Charts

WOMEN	Squats 40	Pushups 20	Leg Lifts 20	Pullups 4 10 points/rep	Burpees 10	Minimum Passing Score/200 in the max. allowed time*	First Class	Second Class	Third Class
	1 point/rep	2 points/rep	2 points/rep	Hang 40 1 point/sec	4 points/rep		max. total time with passing point score	max. total time with passing point score	max. total time with passing point score
16-29 yrs	35	18	18	3 or 35 s.	9	175 points	4:00	6:00	10:00
30-39 yrs	30	16	16	3 or 35 s.	8	165 points	4:30	6:30	10:00
40-49 yrs	30	14	14	2 or 30 s.	7	150 points	5:00	7:00	10:00
50-59 yrs	25	12	12	2 or 25 s.	6	130 points	6:00	8:00	10:00
60-64 yrs	20	10	10	hang 20 s.	5	110 points	7:00	9:00	10:00
65-69 yrs	10	8	8	hang 15 s.	4	90 points	8:00	10:00	11:00
70-74 yrs	5	6	6	hang 10 s.	3	70 points	9:00	11:00	13:00
75+ yrs	5	4	4	hang 5 s.	2	50 points	11:00	13:00	15:00

MEN	Squats 40	Pushups 40	Leg Lifts 20	Pullups 10	Burpees 10	Minimum Passing Score/200 in the max. allowed time*	First Class	Second Class	Third Class
	1 point/rep	1 point/rep	2 points/rep	4 points/rep	4 points/rep		max. total time with passing point score	max. total time with passing point score	max. total time with passing point score
16-29 yrs	35	35	18	6	9	175 points	4:00	6:00	10:00
30-39 yrs	30	30	16	5	8	165 points	4:30	6:30	10:00
40-49 yrs	30	30	14	4	7	150 points	5:00	7:00	10:00
50-59 yrs	25	25	12	3	6	130 points	6:00	8:00	10:00
60-64 yrs	20	20	10	2	5	110 points	7:00	9:00	10:00
65-69 yrs	10	10	8	hang 30	4	90 points	8:00	10:00	11:00
70-74 yrs	5	5	6	hang 20	3	70 points	9:00	11:00	13:00
75+ yrs	5	5	4	hang 10	2	50 points	10:00	12:00	15:00