



# PETER MORTON ACADEMY OF JUDO JUJITSU KARATE

## Basic Fitness Test

### Summary Sheet

When required, attach this sheet to the participant's Shodan Course Application

モートン流自修館柔術

#### Details

Participant surname ..... *Given names* .....

Nominated Shodan course *Start year* ..... *End year* .....

Home branch .....

#### Basic fitness test summary

##### Minimum score requirement

- Beep Test score of 6.5
- Push-ups 40 in 1 minute
- Sit-ups 50 in 2 minutes
- Biceps curl 40 reps in 1 minute
- Fireman's Carry 20 metres
- Sit and Reach maximum distance of 10 cm

##### Test score

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##### Re-test score

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Test date .....

Re-test date

Test result *Pass*  *Fail*

Re-test result *Pass*  *Fail*

<b>Test</b>	Dan Belt signature .....	<i>Date</i> .....
	Print name .....	
	Participant signature .....	<i>Date</i> .....

<b>Re- test</b>	Dan Belt signature .....	<i>Date</i> .....
	Print name .....	
	Participant signature .....	<i>Date</i> .....

**Comments** .....

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