



# PETER MORTON ACADEMY OF JUDO JUJITSU KARATE

モートン流自修館柔術

## Basic Fitness Test

### 1. Conduction

### 2. Requirements

### 3. Format

#### **Basic**

*Forming a base or basis; fundamental; essential*

#### **Fitness**

*The state or quality of being fit*

#### **Test**

*To compare with a standard*

## 1. Conduction

1.1 A basic fitness test (BFT) is to be:

1.1.1 conducted:

1.1.1.1 as a central combined test of nominees from all area branches

1.1.1.2 over a 40 minute time period

1.1.2 by the BFT Chief Instructor to a participant:

1.1.2.1 explained

1.1.2.2 demonstrated.

1.2 In an event that a participant fails any component of a BFT, that participant will be required to re-test:

1.2.1 at a later date

1.2.2 on all sections of a BFT.

## 2. Requirements

2.1 A BFT participant is to wear suitable running/cross training footwear.

2.2 Beep test:

2.2.1 6.5 minimum score

2.2.2 to be administered in accordance with beep test instructions.

2.3 Push-ups:

2.3.1 40 push-ups in 1 minute minimum

2.3.2 starting position:

2.3.2.1 hands on the floor

2.3.2.2 arms in a fully extended position

2.3.2.3 toes and balls of the feet on the floor, when done in the full body position

2.3.2.4 knees and feet on the floor, when done in the modified position

2.3.2.5 body in a straight line from the shoulders to the heels or knees

- 2.3.3 the action:
  - 2.3.3.1 keeping the body in a straight line from the shoulders to the heels or knees throughout the action:
    - 2.3.3.1.1 in a downward movement, move the top part of the arms parallel to the body
    - 2.3.3.1.2 in an upward movement, move the arms to a fully extended position
- 2.3.4 throughout, no part of the body is to touch the ground except for the hands and the:
  - 2.3.4.1 feet, when done in the full body position
  - 2.3.4.2 knees and feet, when done in the modified position.
- 2.4 Sit-ups:
  - 2.4.1 minimum of 50 sit-ups in 2 minutes
  - 2.4.2 start position:
    - 2.4.2.1 the back is flat on the floor
    - 2.4.2.2 the feet are flat on the floor, not held
    - 2.4.2.3 the knees are bent to approximately 90°
    - 2.4.2.4 the hands rest on the top of the thighs
  - 2.4.3 the action:
    - 2.4.3.1 lift the torso from the floor in an upward motion
    - 2.4.3.2 slide the hands along the thighs until the wrists meet the top of the knees
    - 2.4.3.3 return the torso in a controlled manner to the floor
- 2.5 Biceps curl:
  - 2.5.1 minimum of 40 repetitions in 1 minute
  - 2.5.2 males: 15kg weight
  - 2.5.3 females: 10kg weight
  - 2.5.4 start position:
    - 2.5.4.1 stand in an upright position
    - 2.5.4.2 arms are fully extended down
    - 2.5.4.3 both hands are clasping a single weight disc
    - 2.5.4.4 the feet can be either:
      - 2.5.4.4.1 shoulder width apart
      - 2.5.4.4.2 in a one-foot forward position
  - 2.5.5 the action:
    - 2.5.5.1 lift the weight up in a controlled manner until the weight touches the chest
    - 2.5.5.2 lower the weight in a controlled manner to the start position
  - 2.5.6 momentum is not to be used to lift the weight
  - 2.5.7 the back is to remain straight throughout the action
  - 2.5.8 the elbows and top part of the arms are to remain by the sides of the body.
- 2.6 Fireman's Carry:
  - 2.6.1 the participant is to carry a person:
    - 2.6.1.1 of approximately the same weight as the participant; + or -20kg
    - 2.6.1.2 over a distance of 20 metres without stopping

- 2.6.2 The CI conducting the BFT is to:
  - 2.6.2.1 measure out a 20 metre course
  - 2.5.2.2 mark the course with a start point and a stop point
  - 2.6.2.3 demonstrate the correct technique for the carry
  - 2.6.2.4 assist in the positioning of the person to be carried when necessary.
- 2.7 Sit and reach:
  - 2.7.1 10cm from wall to finger tips maximum distance
  - 2.7.2 start position:
    - 2.7.2.1 footwear is to be removed
    - 2.7.2.2 seated on a hard, flat, level surface
    - 2.7.2.3 legs straight out in front
    - 2.7.2.4 feet flat against a 90° vertical smooth surface
    - 2.7.2.5 arms extended forward
    - 2.7.2.6 one hand on top of the other
    - 2.7.2.7 fingertips of both hands level
  - 2.7.3 the action:
    - 2.7.3.1 towards the 90° vertical smooth surface:
      - 2.7.3.1.1 lean forward from the waist with the arms extended
      - 2.7.3.1.2 reach with the fingertips as close as possible
    - 2.7.3.2 hold stretch position for 3 seconds
  - 2.7.4 measurement from the 90° vertical smooth surface to fingertips will take place:
    - 2.7.4.1 after two practice warm up attempts
    - 2.7.4.2 on the third attempt
  - 2.7.5 the stretching movement is to be performed in a controlled manner
  - 2.7.6 no ballistic action is to take place
  - 2.7.7 the legs are to be straight throughout the stretch.
- 2.8 All BFT sections can be conducted indoors or outdoors using a:
  - 2.8.1 *Basic Fitness Test Summary Sheet*
  - 2.8.2 beep test CD
  - 2.8.3 CD player
  - 2.8.4 means of marking out the distances for the:
    - 2.8.4.1 beep test
    - 2.8.4.2 fireman's carry
  - 2.8.5 timepiece with seconds indication
  - 2.8.6 15kg weight disc
  - 2.8.7 10kg weight disc
  - 2.8.8 hard, flat, level surface
  - 2.8.9 90° vertical smooth surface
  - 2.8.10 first aid kit.