

Parents and students,

The purpose of prequalification is to make stronger, more physically fit black belts. Prequalification will allow us to promote 100% of testers regardless of whether or not they break their boards in testing on the first try. We want to avoid situations in which grandparents are flown in from out of state and a child does not pass because he doesn't break his boards.

This is also a test of self-discipline and dedication. Successful prequalification will require independent preparation. We recommend that students begin preparing well in advance. Please, don't wait until the last possible day to attempt prequalification.

Prequalification will take place on Saturday mornings at 7:00 am. Check the newsletter and watch the mail for postcards.

Punches	Each punch must move the bag.
Push ups	The arms must be bent at a 90 degree angle.
Kicks	The foot must touch the ground between kicks. The same kick cannot be executed more than two times in a row.
Sit ups	Hands behind the head elbows must touch knees.
Combo	Punches and kicks.
Form	The form must be performed correctly, no mistakes.
Board Breaks	Boards must be broken successfully on the first try, no second attempts.

#### Physical Requirement for Women

Age group	Punches	Kicks	Combo	Push ups	Sit ups	1 Mile Run In minutes
6-9	100	70	90	13	25	12
10-12	110	90	100	15	30	11
13-16	125	90	115	20	35	10
17-29	135	95	115	30	40	9
30-39	125	90	110	25	35	11
40-49	115	85	100	20	30	12
50-59	100	75	90	15	25	13

#### Physical Requirements for Men

Age group	Punches	Kicks	Combo	Push ups	Sit ups	1 Mile Run In minutes
6-9	110	75	90	20	30	12
10-12	120	90	110	30	35	10
13-16	135	95	115	45	40	9
17-29	145	100	125	50	45	8
30-39	140	95	120	45	30	9.5
40-49	125	95	115	40	35	10.5
50-59	115	85	100	35	30	12
60+	100	75	90	30	25	13