

Family Karate PQ Fitness Requirements

Red Belt Testing for Black Belt

Male	15 - 29	30 - 39	40 - 49	50 - 59	60+
Sit-Up (1 minute)	33	30	30	27	23
Pull Up	5	4	3	2	1
3 Mi Run / 7 Mi Bike	28	29	30	33	36
1.5K Swim	36	38	39	42	45
Female	15 - 29	30 - 39	40 - 49	50 - 59	60+
Sit-Up (1 minute)	33	30	30	27	23
Pull Up	1	1	1	1	1
3 Mi Run / 7 Mi Bike	31	32	33	36	39
Bent Arm Hang	40	35	30	25	20
1.5K Swim	40	42	43	46	49

Brown Belt Testing for Red Belt

Male	15 - 29	30 - 39	40 - 49	50 - 59	60+
Sit-Up (1 minute)	30	27	27	24	20
Pull Up	4	3	2	1	1
2 Mile Run	19	20	21	22	24
1K Swim / 6 Mi Bike	24	26	27	28	30
Female	15 - 29	30 - 39	40 - 49	50 - 59	60+
Sit-Up (1 minute)	30	27	27	24	20
Pull Up	1	1	1	1	1
2 Mile Run	21	22	22	24	26
Bent Arm Hang	35	30	25	20	15
1K Swim / 6 Mi Bike	27	28	29	31	33

Blue Belt Testing for Brown Belt

Male	15 - 29	30 - 39	40 - 49	50 - 59	60+
Sit-Up (1 minute)	25	23	23	20	16
Pull Up	3	2	1	1	1
1 Mile Run	9	10	10	11	12
.5 K Swim / 4 Mi Bike	12	13	13	14	15
Female	15 - 29	30 - 39	40 - 49	50 - 59	60+
Sit-Up (1 minute)	25	23	23	20	16
Pull Up	1	1	1	1	1
1 Mile Run	10	11	11	12	13
Bent Arm Hang	30	25	20	15	10
.5 K Swim / 4 Mi Bike	13	14	14	15	16

NOTE: All times, distances and numbers are subject to change.