

UBB Black Belt Fitness Assessment 2016

Approx. Grading Tool	Belt Colour	Bend Pattern	Squat Pattern	Aerobic Activity	Row Pattern	Push Pattern	Lateral Squat Pattern
0-1	White	Lying Bridge 4 x 10	Box Squat (Body Weight Breaking 90)	Step Ups (4 sets 10 each leg)	4 Point Row <5K	Wall Push Ups	Side Step Squat
0-1	Yellow	Lying Bridge 21-15-12-10	Goblet Squat F-6-8 M-12-16	Step Ups 21-15-12-10	4 Point Alt. Row F-4 M-8	Low Step (approx 20cm high)	Lateral Squat Stationary (One Leg at a time)
1	Orange	Medium Step Hip Thrust	Goblet Squat F-12-15 M-20	Single Staircase Climbs 4 x 5 reps (swap legs)	90 Degree (standing tall to start with) Trx Row	Medium Step (approx 30cm high) F-Knees M- Toes	Alternating Lateral Squat
1-2	Purple	Sumo Deadlift F-10 M-20	KB Rack Position Fronts F-6-8's M-10-12's	Single Staircase Climbs 10-8-6-4	70-80 Degree Trx Row	High Step (approx 50cm high) F-Knees M- Toes	Lateral Squat with Momentum (i.e. side to side)
2	Green	Sumo Deadlift F-15 M-30	Squat Press DB or KB F-6-8's M-10-12's (Lower Level weight)	Staircase Runs 10-8-6-4	Body Weight Pull Up 45 Degree	Ground Push Up 90 Degrees elbow flex F-Knees M- Toes	Ice Skater
2-3	Blue	Sumo Deadlift F-20 M-40	Squat Press DB or KB F- 6-8's , M- 10-12's (Upper Level weight)	""	Body Weight Pull Up 15 Degree	Feet on low Step Push Up, 90 Degrees elbow flex, F-Knees M- Toes	Ice Skater
2-3	Brown	Hang High Pull F-20 M-40	Barbell Squat Press (DB, if must) F- 20K M- 30K	""	Horizontal Bodyweight Prone Trx Row	Ground Push Up Chest to Floor F-90 Degree M- Toes	Ice skater With Med Ball F 2 M-3
3	Black	Hang High Pull F-30 M-50	Barbell Squat Press > 22.5 F 35 M	""	Neutral Grip Pull Up	M- Feet on high Step Full Push Up F-Full Depth	Ice skater With KB F- 3-5 Med ball M- 6-8 KB

- Complete each exercise with the weights outlined for 4 sets. Set 1- 21 reps, 2-15, 3-12, and 4-10. Unless otherwise stated. I.e. white belt shows 4 x 10 bridges and in this case that is what the participant is required to do.
- Approximate Grading Tool- This guideline gives you an estimate of which category participants will fall into based on past training. We recommend all beginner to fitness, start with White Warrior..
- Participants can only advance one they have achieved or exceeded the parameters set in ALL areas and within the 25minute time frame!

I.e. if a female needs to use a weight of 6-8 Kilos they need to complete with the eight kilo before moving on.