

DRILL	- 16 YEARS	16-35 YEARS	36-45 YEARS	46-55 YEARS	55+
Mawashi Geri from Hasoka dachi	50+	80+	75+	70+	60+
Suri Ash Gyaku Tsuki (Left and right)	35+	50+	50+	40+	30+
100 of each: <ul style="list-style-type: none"> • Push-ups (male 16+ on knuckles) • Sit-ups / crunches • Squats All to be completed within 10 mins.					
<u>LEFT AND RIGHT SIDE</u>					
Kizami Tsuki	10 reps				
Gyaku Tsuki	10 reps				
Mae Geri	5 reps				
Mawashi Geri	5 reps				
Ushiro Geri	5 reps				

NOTES

- Going for Dan grade 2x fitness drills and 3x power striking drills.
- Going for 2nd Dan and above, technical panel will decide on the day, you may be asked to perform additional power striking drills that are not listed, the decision on what you are asked to perform will vary on the student.

