

Shepherd-Warrior Martial Arts
Physical Fitness Testing

The Fantastic 50

Student Name

Class Tested in:

Judge Name

RX'd Scaled

Time _____

OR

Reps @ 25 min. _____

I confirm that the information provided is true and accurate _____

Judge's Signature

Movement:		Time:
Punch – Reverse Punch Combo (25 ea.)	50	
Squat Kicks (25 each leg)	100	
Push Ups	150	
Tuck Jumps	200	
Sit Ups (w/ Punch-Reverse Punch)	250	
BJJ Get Ups (25 per side)	300	
Burpees	350	
Over Bag Crescent Kicks (25 each leg)	400	
Down & Backs (across the mat is 1)	450	
Clinching Knee Strikes (25 per side)	500	

* - You may substitute Shrimping for any exercise if you have a physical limitation that will not allow you to complete one of the ones above.

I affirm that the score above is true and accurate _____

Student Signature