



RED SUN ACADEMY

School of Martial Arts



Being fit is a celebration of Life!



Red Sun Academy
Martial Arts School

RED SUN ACADEMY

FITNESS PROGRAM

Go for the Gold!

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BALANCE



1. BLIND STORK

- Stand on one leg, with one foot on the inside of your knee. Hands on hips.
- Shut your eyes.
- If either foot moves, stop.
- Record time up to 60 seconds.

AGE	BRONZE (seconds)	SILVER (seconds)	GOLD (seconds)
5-7	3	16	25+
8-9	5	19	30+
10-11	8	25	35+
12-13	12	28	38+
14-15	15	30	40+
16-17	20	38	50+
18-25	25	43	60+
26-35	20	37	50+
36-45	16	32	42+
46-55	13	30	40+
56-65	10	25	35+
65+	3	15	20+

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BALANCE



2. AIRPLANE POSE

- Stand on one leg with the other leg stretched out fully behind you.
- Raised leg must be somewhat parallel to the ground (age 40+, give allowances)
- Bend forward at the hips and extend arms out fully at each side, as if flying.
- Hold this position for as long as you can as the instructor records your time.

AGE	BRONZE (seconds)	SILVER (seconds)	GOLD (seconds)
5-7	3	16	25+
8-9	5	19	30+
10-11	8	25	35+
12-13	15	30	40+
14-15	19	37	50+
16-17	20	38	50+
18-25	25	43	60+
26-35	20	37	55+
36-45	18	35	52+
46-55	15	30	45+
56-65	10	25	40+
65+	3	15	25+

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TOUCH TOES



From a standing position, keep your knees straight as you touch your toes and hold for 5 seconds

BRONZE: Fingertips touch toes

SILVER: Fist touch toes/floor

GOLD: Palms touch toes/floor

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BUTTERFLY



The scorekeeper uses a ruler.

Measure from the floor to the bottom of the knee (outside of knee).

You must hold for 5 seconds:

BRONZE: 2.5 to 4.5 inches from floor

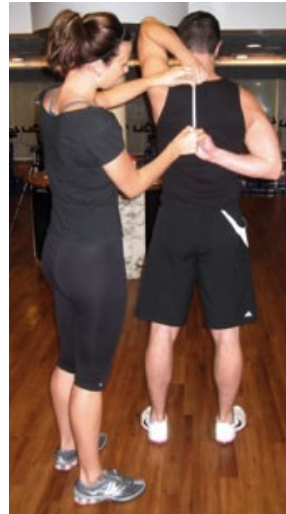
SILVER: 1 to 2.5 inches from floor

GOLD: 0 to 1-inch from the floor



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BACK REACH



Try to have your fingers touch behind your back
as you hold a ruler between your two hands.

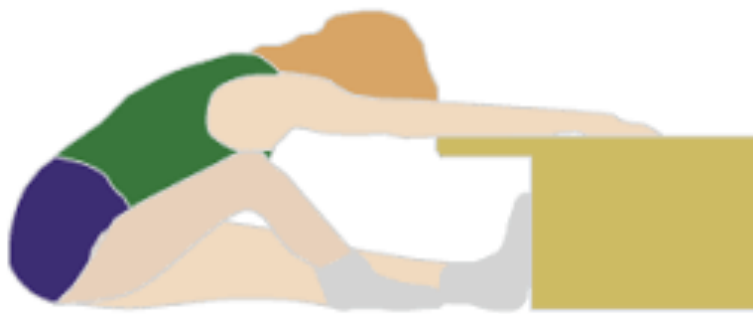
Scorekeeper measures the distance between your fingers of each hand.

BACK-REACH SCORING

AGE	BRONZE (inches)	SILVER (inches)	GOLD (inches)
5-7	touching	touching knuckles	touching wrist
8-9	touching	touching knuckles	touching wrist
10-11	touching	touching knuckles	touching wrist
12-13	touching	touching knuckles	touching wrist
14-15	touching	touching knuckles	touching wrist
16-17	touching	touching knuckles	touching wrist
18-25	touching	touching knuckles	touching wrist
26-35	touching	touching knuckles	touching wrist
36-45	1	touching	touching knuckles
46-55	2	1	touching
56-65	4	3	2
65+	5	4	3

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SIT & REACH



- Sit on floor with feet with feet 8–12 inches apart. Keep one knee straight.
- Above the student's feet is the 7-inch mark.
- Fingers are inter-locked (hand over hand)
- Reach as far as possible without bending your knees.
- Student must hold for 3 seconds.
- Record how many inches student can reach out.

0-INCHES AT FEET (box)

AGE	BRONZE (inches)	SILVER (inches)	GOLD (inches)
5-7	2	3	4+
8-9	3	4	5+
10-11	3	5	6+
12-13	4	5.5	7+
14-15	4	6	8+
16-17	5	6.5	9+
18-25	5	7	9+
26-35	4	6	8+
36-45	4	5	7+
46-55	3	4.5	6+
56-65	2.5	4	5+
65+	0	1	2+

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PLANK



Hold the plank for as long as you can

- Back must be mostly parallel to the floor
- Neck must be straight, not hanging down or arched up
- Stop if body gets out of alignment or if student collapses and dies

AGE	BRONZE (seconds)	SILVER (seconds)	GOLD (seconds)
5-7	21	35	56
8-9	37	56	68
10-11	49	1 min 15 sec	1 min 43 sec
12-13	62	1 min 42 sec	2 min 32 sec
14-15	1 min 18 sec	1 min 58 sec	2 min 52 sec
16-17	2 min	2 min 54 sec	3 min 58 sec
18-25	2 min 48 sec	2 min 57 sec	3 min 52 sec
26-35	2 min 18 sec	2 min 36 sec	3 min 2 sec
36-45	1 min 40 sec	2 min 8 sec	2 min 51 sec
46-55	1 min 25 sec	1 min 50 sec	2 min 43 sec
56-65	60	1 min 42 sec	2 min 27 sec
65+	26	48	1 min 41 sec

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PUSH-UPS

<http://www.exrx.net/Calculators/PushUps.html>



Perform as many push-ups as possible without pausing

MALES (age 13+)	FEMALES + CHILDREN
Toes on floor	<i>Knees on floor</i>
Legs, hips, & back straight	Hips & back straight
On up, elbows fully extended	On up, elbows fully extended
On down, chest 4 inches from floor	On down, chest 4 inches from floor

AGE	BRONZE (number of push-ups)	SILVER (number of push-ups)	GOLD (number of push-ups)
5-7	13	18	30
8-9	16	23	38
10-11	18	26	40
12-13	20	28	42
14-15	26	40	48
16-17	32	38	50
18-25	36	44	52
26-35	35	40	48
36-45	32	37	45
46-55	26	30	36
56-65	18	22	27
65+	8	11	16

Table: Push Up Test norms for MEN

Age	17-19	20-29	30-39	40-49	50-59	60-65
Excellent	> 56	> 47	> 41	> 34	> 31	> 30
Good	47-56	39-47	34-41	28-34	25-31	24-30
Above average	35-46	30-39	25-33	21-28	18-24	17-23
Average	19-34	17-29	13-24	11-20	9-17	6-16
Below average	11-18	10-16	8-12	6-10	5-8	3-5
Poor	4-10	4-9	2-7	1-5	1-4	1-2
Very Poor	< 4	< 4	< 2	0	0	0

Table: Push Up Test norms for WOMEN

Age	17-19	20-29	30-39	40-49	50-59	60-65
Excellent	> 35	> 36	> 37	> 31	> 25	> 23
Good	27-35	30-36	30-37	25-31	21-25	19-23
Above Average	21-27	23-29	22-30	18-24	15-20	13-18
Average	11-20	12-22	10-21	8-17	7-14	5-12
Below average	6-10	7-11	5-9	4-7	3-6	2-4
Poor	2-5	2-6	1-4	1-3	1-2	1
Very Poor	0-1	0-1	0	0	0	0

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SHORT RUN



Run 1/10th of a mile and record your time.
Start running at the line to the left of the 540 sign
(as you're standing on the service road looking at Capital Blvd.)

AGE	BRONZE (seconds)	SILVER (seconds)	GOLD (seconds)
5-6	43 sec	41 sec	34 sec
7-8	40 sec	36 sec	32 sec
9-10	36 sec	33 sec	29 sec
11-12	34 sec	31 sec	28 sec
13-14	33 sec	30 sec	27 sec
15-16	32 sec	29 sec	25 sec
17-18	30 sec	26 sec	23 sec
19-25	31 sec	28 sec	25 sec
26-35	34 sec	31 sec	27 sec
36-45	33 sec	34 sec	28 sec
46-55	42 sec	38 sec	34 sec
56-65	43 sec	41 sec	38 sec
65+	51 sec	46 sec	42 sec

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MILE RUN



Run one mile and record your time.

Children **5–8** years old run a **quarter mile**.

Children **9–12** years old and adults **65+** run a **half mile**.

AGE	BRONZE (time)	SILVER (time)	GOLD (time)
5–6 (qtr. mile)	2 min 25 sec	2min 13sec	2 min 04 sec
7–8 (qtr. mile)	2 min 01 sec	1 min 53sec	1 min 44 sec
9–10 (half mile)	4 min 55 sec	4min 22sec	3 min 58 sec
11–12 (half mile)	4 min 38 sec	3min 57sec	3 min 35 sec
13–14	8 min 02 sec	6 min 57 sec	6 min 36 sec
15–16	7 min 28 sec	6 min 44 sec	6 min 12 sec
17–18	7 min 18 sec	6 min 32 sec	6 min 05 sec
19–25	7 min 22 sec	6 min 35 sec	6 min 09 sec
26–35	8 min 33 sec	8 min 17 sec	7 min 39 sec
36–45	8 min 52 sec	8 min 21 sec	7 min 22 sec
46–55	10 min 26 sec	9 min 03 sec	7 min 59 sec
56–65	10 min 58 sec	9 min 42 sec	8 min 22 sec
65+ (half mile)	4 min 53 sec	4 min 12 sec	3 min 40 sec