Name	

Belt Rank

	Minimum	15	Goal	60	15	Goal 60	15	Goal 6	60	15	Goal	60	15	Goal 6	60	15 Goal	60	15	Goal	60	15	Goal	60
Push-Ups	10		0			0		0			0			0		0			0			0	
Set-Ups	10		0			0		0			0			0		0			0			0	
Leg-Lifts	10		0			0		0			0			0		0			0			0	
Squats	20		0			0		0			0			0		0			0			0	
Mountain Climbers	25		0			0		0			0			0		0			0			0	
Jump-Rope	30		0			0		0			0			0		0			0			0	
Front-Kicks	30		0			0		0			0			0		0			0			0	
Front-Punches	35		0			0		0			0			0		0			0			0	
Side-Kicks	15		0			0		0			0			0		0			0			0	
Round-Kicks	15		0			0		0			0			0		0			0			0	
-	B.4 : :																						
	Minimum	15	Goal	60	15	Goal 60	15		60	15		60	15	Goal 6	60	15 Goal	60	15	Goal	60	15	Goal	60
Push-Ups	10	15	0	60	15	0	15	0	60	15 (0	60	15	0	0	0	60	15	0	60	15	0	60
Set-Ups	10 10	15	0	60	15	0	15	0	60	15 (0	60	15	0	60	0	60	15	0	60	15	0	60
Set-Ups Leg-Lifts	10 10 10	15	0 0 0	60	15	0 0 0	15	0 0 0	60	15 (0	60	15	0 0	60	0 0	60	15	0 0	60	15	0 0 0	60
Set-Ups Leg-Lifts Squats	10 10 10 20	15	0 0 0	60	15	0 0 0	15	0 0 0	60	15	0 0 0	60	15	0 0 0	50	0 0 0	60	15	0 0 0	60	15	0 0 0	60
Set-Ups Leg-Lifts Squats Mountain Climbers	10 10 10 20 25	15	0 0 0 0	60	15	0 0 0 0	15	0 0 0 0	60	15 (0 0 0 0	60	15	0 0 0 0	60	0 0 0 0	60	15	0 0 0 0	60	15	0 0 0 0	60
Set-Ups Leg-Lifts Squats Mountain Climbers Jump-Rope	10 10 10 20 25 30	15	0 0 0 0 0	60	15	0 0 0 0 0	15	0 0 0 0	60	15 (0 0 0 0 0	60	15	0 0 0 0 0	60	0 0 0 0 0	60	15	0 0 0 0	60	15	0 0 0 0	60
Set-Ups Leg-Lifts Squats Mountain Climbers Jump-Rope Front-Kicks	10 10 10 20 25 30	15	0 0 0 0 0	60	15	0 0 0 0 0 0	15	0 0 0 0 0	60	15 (0 0 0 0 0	60	15	0 0 0 0 0	60	0 0 0 0 0	60	15	0 0 0 0 0	60	15	0 0 0 0 0	60
Set-Ups Leg-Lifts Squats Mountain Climbers Jump-Rope Front-Kicks Front-Punches	10 10 20 25 30 30 35	15	0 0 0 0 0 0	60	15	0 0 0 0 0 0 0	15	0 0 0 0 0 0	60	15 (0 0 0 0 0 0	60	15	0 0 0 0 0 0	50	0 0 0 0 0 0	60	15	0 0 0 0 0	60	15	0 0 0 0 0 0	60
Set-Ups Leg-Lifts Squats Mountain Climbers Jump-Rope Front-Kicks	10 10 10 20 25 30	15	0 0 0 0 0	60	15	0 0 0 0 0 0	15	0 0 0 0 0	60	15 (0 0 0 0 0	60	15	0 0 0 0 0	50	0 0 0 0 0	60	15	0 0 0 0 0	60	15	0 0 0 0 0	60