

FITNESS

NAME: _____

PROGRAM: PATHFINDER STAGE 1

RANK: _____



**BELT
RANK**

TECHNIQUE

MINIMUM #

STRIPE 1

STRIPE 2

WHITE
SIGNATURE

Push Ups	Sit ups	Squats

Push Ups	Sit ups	Squats
5	5	10

ORANGE
SIGNATURE

Push Ups	Sit ups	Squats

Push Ups	Sit ups	Squats
10	10	20

YELLOW
SIGNATURE

Push Ups	Sit ups	Squats
High Knees	Jack Knifes	Bur-pees

Push Ups	Sit ups	Squats
15	15	30
High Knees	Jack Knifes	Bur-pees
40	20	10

GREEN
SIGNATURE

Push Ups	Sit ups	Squats
High Knees	Jack Knifes	Bur-pees

Push Ups	Sit ups	Squats
20	20	50
High Knees	Jack Knifes	Bur-pees
50	30	15



SWIFTKICK
MARTIAL ARTS