



Black Belt Testing Procedures Manual

Standing Broad Jump

Equipment Required: Measuring tape or marked floor.

Procedure: The participants stand behind a line marked on the ground with feet slightly apart. They will **jump forward using both feet and, land on both feet.** The distance from the line to where the heels touch the floor on the landing is the score. The participant may not fall backwards. **They should use their arms to propel themselves forward.**



Vertical Jump

Equipment Required: Measuring Tape or marked wall. Chalk for marking wall.

Procedure: Participants will stand perpendicular to the wall, so the wall is on their left or right side. The participant, with the hand closest to the wall will reach up, keeping both feet flat on the ground. The highest point of the fingertips is marked and recorded. The participant then will **jump vertically from both feet touching the wall at the height of the jump**. The highest point of the fingertips is marked. The difference in distance between the standing reach height and the jump reach height is the score.



Push Up – Maximum Repetitions performed in 60 seconds

Equipment Required: NA

Procedure: The participant will start by lying on the ground in the prone (facedown) position, placing their hands by their shoulders and then straightening their arms. This is the start position. The participant lowers their **body until the elbows reach 90 degrees** and then extends the arms to return to the start position; this is counted as one repetition.



Bodyweight Squat – Maximum reps performed in 60 seconds.

Equipment Required: NA

Procedure: The participants will begin by standing upright with legs fully extended and hip width apart. Arms should be hanging at side, crossed on the chest, or extended in front. The participants will **bend their knees, lower themselves until the top of their thigh is parallel to the ground, then extends the legs and returns back to the starting position;** this is counted as one repetition.



Wall Sit – Maximum Time

Equipment Required: A wall or stable surface.

Procedure: The participants will start by standing upright against a wall or stable surface. They will **move their feet out from the wall and slide their body down until the top of their thighs are parallel to the ground. The knee should be at a 90-degree angle to the ankle.** The back must also stay pressed against the wall. This position must be maintained throughout, if the participants moves up or down the test is stopped.



Plank - Maximum Time

Equipment Required: NA

Procedure: The participant will perform the plank on their forearms and toes. They will start in the prone (facedown) position resting on the ground. The knees and ankles should be together and elbows tucked tight against the body. The participants will extend at the elbows lifting their body until **their upper body is parallel to the floor, Shoulders should be directly above elbows.** This position must be maintained throughout, if the participants moves up or down the test is stopped.



2 minute Shuttle Run – Lengths completed

Equipment Required: Pylons x 2

Procedure: One pylon will be positioned on each line. The distance between the pylons is “one length”. The participant will take position with their toes behind the line. On the start command they will run to the opposite side and touch the pylon, immediately turning to run back to the opposite side. Each time the participant touches one pylon, this is scored a one completed length. The participant must touch the floor to have the length count.



Kneeling Medicine Ball Toss

Equipment Required: 5kg Medicine Ball – male 3kg Medicine Ball - female,
Measuring tape.

Procedure: The participant will kneel behind the designated line holding the medicine ball in both hands at chest level. **The participant may bend at knees and waist as they push the ball forward throwing it from chest level. The participant will be allowed to fall forward over the line after the release of the ball.** The ball may not be thrown from overhead, or by using one hand. The distance of the throw will be measured from the line to the point where the ball first contacts the floor after the release. The ball should be thrown upwards at a 45-degree angle for maximum distance.

