

# **“NEW” ATA FIT TEST**

*to begin 2015 Worlds*

**Section 1** – 30 Push-Ups

**Section 2** – 50 Sit-Ups

**Section 3** – 10 sets of Warrior Kicking Combinations #17 & #18 (together counts as 1 set) – Total 60 Techniques

Warrior Combo #17 – Left Sparring Stance

- #1 or #3 left front kick (depending on distance)
- #2 right round kick, return foot
- Right back kick, return foot

Warrior Combo #18 – Left Sparring Stance

- #2 or #4 right front kick (depending on distance), return foot
- Switch #2 left round kick, return foot
- Left reverse side kick, put foot down in front

**Section 4** – 10 sets of Strike/Kick Combinations – Total 60 Techniques

Left Sparring Stance

- Jab
- Cross
- #2 Right Round Kick
  - Continue to...
- Jab
- Cross
- #2 Left Round Kick

**Section 5** – 10 sets of Warrior Punching Combinations #1 - #4 – Total 100 Punches

- Warrior Combo #1 – Left Jab
- Warrior Combo #2 – Left Jab, Right Cross
- Warrior Combo #3 – Right Cross, Left Hook, Right Cross
- Warrior Combo #4 – Left Jab, Right Cross, Left Hook, Right Cross

- Final count total is as follows: 30 + 50 + 60 + 60+ 100 = 300
- Goal is 300 good quality techniques, pass/fail within the time allocated. Time requirement is to complete the 300 within the age-level time limits:
- Age: 39 & below = 5min., 40 - 59 = 6min., 60+ = 7min.
- Note: there is no “rest period” between sections, continuous clock timing until finished.

*Always Take Action*