

Ishi Yama Judo Club
Gokyu Fitness Requirements
(Yellow Belt)

Fitness Goals

Under 9

5 Pushups

15 Situps

10 Burpies

9-12

10 Pushups

25 Situps

15 Burpies

13-16

15 Pushups

30 Situps

15 Burpies/30 sec.

Over 17

20 Pushups

30 Situps

20 Burpies/60 sec.