

Ishi Yama Judo Club
Sankyu Fitness Requirements
(Green Belt)

Fitness Goals

9-12

15 Pushups

30 Situps

30 Burpies

13-16

25 Pushups

40 Situps

35 Burpies

Over 17

30 Pushups

45 Situps

25 Burpies/60 sec.