

**Ishi Yama Judo Club**  
**Yonkyu Fitness Requirements**  
(Orange Belt)

**Fitness Goals**

Under 9

10 Pushups

20 Situps

20 Burpies

9-12

10 Pushups

25 Situps

25 Burpies

13-16

15 Pushups

30 Situps

30 Burpies

Over 17

20 Pushups

35 Situps

20 Burpies/60 sec.