

# OKKA Physical Fitness Star Program

## Student Version

### Purpose:

The OKKA Physical Fitness Star Program is designed to provide an achievable rank ladder aimed at:

- Improving the physical fitness of our karate students
- Creating a standard by which we categorize the fitness of our students
- Provide a familiar recognition standard and award for achievement
- Providing a tool to better prepare our students for the black belt training and testing process

### Caveats:

- All students are strongly encouraged to participate in the program.
- The program will be given visibility in class, and at graduations via announcements, and certificates for rank achievement.
- The program is designed to provide some flexibility in requirements to allow for accomplishment without “perfection”.
- The program is NOT directly linked to promotion standards, nor does the rank color of the Fitness program have bearing on the belt rank promotion of the student.

### Rank Standards (time is in seconds)

	Pushup <sup>1</sup> (reps) *modified	Situp (reps)	Jump Jacks (reps)	Plank/ Hover <sup>2</sup> (secs)	Six Inch Hold (sec)	Horse Stance (secs)	Triple Threat <sup>3</sup> (reps)	Bend and Thrust <sup>4</sup> (reps)	Mtn Climber <sup>5</sup> (reps)	Run <sup>6</sup> (miles)
White	5/10*	20	25	30	45	25	5	5	5	.5
Yellow	7/15*	25	30	45	60	35	5	7	7	.5
Orange	10/20*	30	40	60	75	45	10	10	10	1
Green	12/25*	35	50	75	90	60	15	15	15	1.5
Purple	15/30*	40	60	90	105	75	15	17	17	2.0
Brown	25	50	70	105	125	90	17	20	20	2.5
Black	35	55	100	120	135	105	20	25	25	3
Black+	+5	+5	+10	+15	+10	+15	+2	+5	+5	+5

1 - Where indicated by “\*”, modifiers are allowed otherwise, the standard format for the exercise is expected.

2 - Plank or Hover are acceptable. One switch is allowed. No “rest or shaking it out”

3 - Triple threats require proper form: Legs straight at the knee and toes pointed

4 - Bend and thrust – proper form – both legs go back together / same time and no “Hop”

5 – Mountain Climber -Feet must come close to wrist

6 – Run: Pace is not an absolute standard; however, the student may not walk or stop during the evaluation.

### Application of standard:

1. Proper form is required for all exercises in a test. Improper form during reps should not be counted. There is no benefit from social promotion in this program, rather it denigrates the program’s merit and detracts from the goal.

2. A student who has achieved the rank standards in 8 of 10 exercises will be designated as **meeting** the standard. (If more exercises are added, the ratio must exceed 80%.)
3. A student who achieves the rank standard in all exercises will be designated as **meeting the standard with “Distinction”**
4. A student may not lag behind in more than one rank in any exercise and achieve a new rank. Ex: A student who has otherwise met the requirements for Orange Rank, except in horse stance where they have not achieved the yellow rank standard will not be designate as meeting the requirement for Orange Star Rank.

#### **Evaluation of Standard:**

1. Students may request evaluation in week 7 or the first class of week 8. Fitness and Foundations class is the preferred opportunity.
2. Time permitting, the testing may occur during pre-class warm-up, as an individual or small group. Small group is preferred to provide friendly competition and student/student support.
3. The Evaluation Sheet is used to track exercises and completion. The student may pick the sequence of the exercises on the eval sheet.
4. Time shall be kept with a stop watch or clock, not by count. Students are encouraged to count however for breath control.

#### **Recognition of Standard:**

1. Each student who has achieved the requirements of a rank will be awarded a Star of the appropriate color for their uniform.
2. The star will be attached to the Dress Gi (White) along the front portion of the neck to shoulder seam (Gusset) (start on the left shoulder).
3. The student will be awarded their star at belt graduation, along with a certificate denoting the rank achievement.

#### **Programming:**

1. Each of the exercises will be incorporated into warm up or High Energy open/close activities. The definition of “pre class sets” is modified to include any “4” exercises in the list.
2. The standards are posted for students to see.
3. A tracking sheet is available for students to use.

#### **Important notes:**

1. Leadership students should regularly participate in this program – as part of the path to black belt.
2. This program is not intended for Dragons though the programming in their class can prepare them.
3. Injury does not exempt a student from a rank standard. However, the 8 of 10 (80%) approach can be used to make exception during a cycle.
4. Chronic injury should be managed on a case-by-case basis especially in cases where the student may lag more than one cycle behind.
5. Minor allowances for older adult students with chronic injury or limited Range of Motion (ROM) can be considered on a case-by-case basis as well.