

STUDENT NAME

CHIRYOKU RYU

JUJI MOKOROKU



HOJO UNDO : FITNESS

RED TABS

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知力流拳法柔術

JUJI MOKOROKU

HOJO UNDO :
SUPPLEMENTARY FITNESS

KAIZEN : IMPROVEMENT

TO GET THESE TABS YOU MUST BE ABLE
TO 'IMPROVE' YOUR RESULTS IN THE
FOLLOWING FITNESS 'TESTS' OVER THE
TRAINING PERIOD.

21 : 15 : 9

21 DEADLIFTS
(WEIGHT APPROPRIATE TO STRENGTH)
21 BURPEES

REST

15 DEADLIFTS, 15 BURPEES

REST

9 DEADLIFTS, 9 BURPEES

1 ST ATTEMPT	TIME:
2 ND ATTEMPT	TIME:
3 RD ATTEMPT	TIME:
4 TH ATTEMPT	TIME:
5 TH ATTEMPT	TIME:



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KIHON : BASICS

HOW MANY
OF THE EXERCISES BELOW CAN YOU DO
IN 60 SECONDS?

PRESS-UPS
BEND YOUR ELBOW AT LEAST 90

1 ST ATTEMPT	NUMBER:
2 ND ATTEMPT	NUMBER:
3 RD ATTEMPT	NUMBER:
4 TH ATTEMPT	NUMBER:

SIT-UPS
OVER 45 DEGREES FROM THE FLOOR

1 ST ATTEMPT	NUMBER:
2 ND ATTEMPT	NUMBER:
3 RD ATTEMPT	NUMBER:
4 TH ATTEMPT	NUMBER:

SQUATS
BEND IN LEGS AT LEAST 90

1 ST ATTEMPT	NUMBER:
2 ND ATTEMPT	NUMBER:
3 RD ATTEMPT	NUMBER:
4 TH ATTEMPT	NUMBER:

PUNCHES
JABS AND CROSSES, IN FIGHTING STANCE

1 ST ATTEMPT	NUMBER:
2 ND ATTEMPT	NUMBER:
3 RD ATTEMPT	NUMBER:
4 TH ATTEMPT	NUMBER:



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HOW LONG
CAN YOU DO THE FOLLOWING EXERCISES?

PLANK
AS STRAIGHT AS POSSIBLE, HEAD UP

1 ST ATTEMPT	TIME:
2 ND ATTEMPT	TIME:
3 RD ATTEMPT	TIME:
4 TH ATTEMPT	TIME:

HANG
HOLD YOURSELF OFF THE FLOOR,
FOR AS LONG AS POSSIBLE

1 ST ATTEMPT	TIME:
2 ND ATTEMPT	TIME:
3 RD ATTEMPT	TIME:
4 TH ATTEMPT	TIME:

SKI SIT
BEND IN LEGS AS CLOSE TO 90 AS POSS.

1 ST ATTEMPT	TIME:
2 ND ATTEMPT	TIME:
3 RD ATTEMPT	TIME:
4 TH ATTEMPT	TIME:

TAB 1 : MAKE AN IMPROVEMENT
TAB 2: MAKE A BIG IMPROVEMENT
SIMPLE!