

OKINAWAN SHURI RYU



White Pine Tree

Minimum Physical Requirements

	6 yrs & Under	7 & 8 yrs	9 & 10 yrs	11 & 12 yrs	13 & 14 yrs	15 & 16 yrs	17 - 35 yrs	36 yrs & Over
<i>Kata Kumite</i>	3 Minutes	3 Minutes	3 Minutes	4 Minutes	4 Minutes	5 Minutes	5 Minutes	5 Minutes
<i>Kime Dachi Kumite</i>	4 Minutes	4 Minutes	4 Minutes	5 Minutes	5 Minutes	5 Minutes	5 Minutes	5 Minutes
<i>Push ups</i>	10	20	25	30	30	35	Men 45 Women 30	25
<i>Crunches</i>	20	25	30	35	40	55	Men 75 Women 60	35
<i>Middle punches w/ weights</i>	15 with 1 lbs weight	15 with 2 lbs weight	20 with 2 lbs weight	30 with 3 lbs weight	45 with 4 lbs weight	60 with 10 lbs weight	Men 75 w/ 15lbs Women 75 w/ 10 lbs	Men 45 w/ 10lbs Women 35 w/ 10lbs
<i>Upper Cross punches w/ weights</i>	15 with 1 lbs weight	15 with 2 lbs weight	20 with 2 lbs weight	30 with 3 lbs weight	45 with 4 lbs weight	60 with 10 lbs weight	Men 75 w/ 15lbs Women 75 w/ 10 lbs	Men 45 w/ 10lbs Women 35 w/ 10lbs
<i>Front Kicks</i>	80	100	200	250	300	400	Men 500 Women 400	200
<i>Jump Rope</i>	20	30	50	100	150	200	200	100
<i>Heavy bag punches / back fists</i>	2 Minutes	3 Minutes	3 Minutes	4 Minutes	5 Minutes	5 Minutes	5 Minutes	5 Minutes
<i>Trapping Hands</i>	2 Minutes	2 Minutes	3 Minutes	4 Minutes	5 Minutes	5 Minutes	5 Minutes	5 Minutes
<i>Jogging</i>	1/2 Mile	3/4 Mile	1 Mile	1-1/2 Mile	2 Mile	2 Mile	2 Mile	2 Mile walk or jog