

| Blue Shirt Testing | | | |
|--------------------|--------------------------------|--|---|
| | Exercise | Check Points | Performance |
| Strengths | Burpees | <input type="checkbox"/> Good squat <input type="checkbox"/> Kick back to plank <input type="checkbox"/> Proper Push up <input type="checkbox"/> Good squat jump | Perform 10 good squat jumps E_____ S_____ N_____ |
| | Wall Sits | <input type="checkbox"/> Back flat against wall <input type="checkbox"/> Proper feet position <input type="checkbox"/> Proper knee position - 90 degrees <input type="checkbox"/> No arms, elbows, or back off wall | Attempt to hold proper wall sit position for 30 seconds. 20 seconds minimum to pass E_____ S_____ N_____ |
| | Inch Worms | <input type="checkbox"/> Legs and back straight <input type="checkbox"/> Full walkout <input type="checkbox"/> Knees straight on walk-up <input type="checkbox"/> Keep proper position throughout | Perform proper inch worm movement for designated distance E_____ S_____ N_____ |
| | Leg Raises w/ Partner | <input type="checkbox"/> Legs stay together at knees & ankles <input type="checkbox"/> Feet do not touch mat on decline (1-2 inches off mat) <input type="checkbox"/> Keep controlled body motion throughout | Perform 15 satisfactory leg raises - 5 middle, 5 left, 5 right E_____ S_____ N_____ |
| Skills | Wheel Barrow | <input type="checkbox"/> Keep proper body alignment, bottom down, back straight <input type="checkbox"/> Arms remain locked out <input type="checkbox"/> Remain upright throughout exercise | Perform satisfactory wheel barrow exercise for designated distance. E_____ S_____ N_____ |
| | Seal Crawl | <input type="checkbox"/> Arms locked out straight <input type="checkbox"/> Top of feet flat down on mat <input type="checkbox"/> Legs remain straight and locked out <input type="checkbox"/> Maintain proper arm and shoulder position <input type="checkbox"/> Hips square - legs/lower body not used | Seal walk correctly for designated distance E_____ S_____ N_____ |
| | Cartwheels | <input type="checkbox"/> Proper hand placement <input type="checkbox"/> Proper foot placement <input type="checkbox"/> Near full extension <input type="checkbox"/> Keep proper body alignment throughout | Perform 1- 3 correct cartwheels E_____ S_____ N_____ |
| | Mountain Climbers | <input type="checkbox"/> Begin in push up plank position <input type="checkbox"/> Maintain good body alignment throughout exercise <input type="checkbox"/> Alternate bringing right and left legs up to chest | Perform proper mountain climbers for 20 seconds E_____ S_____ N_____ |
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| Technique | Lifting - Return to the mat | <input type="checkbox"/> Side step <input type="checkbox"/> Level Change <input type="checkbox"/> NO leaning back (head or torso) <input type="checkbox"/> Proper lift, swing, and controlled return to mat | Execute proper return to mat. Lifting behind opponent. E_____ S_____ N_____ |
| | Spiral Ride | <input type="checkbox"/> Neck pinch <input type="checkbox"/> Thigh hand - arm extended <input type="checkbox"/> Body pressure <input type="checkbox"/> Rotate correct direction <input type="checkbox"/> Secure near side wrist <input type="checkbox"/> Keep body position on top of opponent | Execute proper spiral ride breakdown to wrist control. E_____ S_____ N_____ |
| | High Level Single Leg - to pit | <input type="checkbox"/> Proper circle set up from inside tie (double bicep) <input type="checkbox"/> Level change and outside penetration step <input type="checkbox"/> Proper hand lock <input type="checkbox"/> Proper head position - inside <input type="checkbox"/> Level change to pit - correct side, hand curled into chest | Demonstrate proper single leg attack to pit position. E_____ S_____ N_____ |
| | Whizzer | <input type="checkbox"/> Proper overhook <input type="checkbox"/> Hip rotation and shoulder pressure <input type="checkbox"/> Stuff head or control wrist <input type="checkbox"/> Step down leg forcefully, break opponents lock | Execute successful whizzer defense against opponent's high level single leg position. E_____ S_____ N_____ |