



## Puget Sound Tang Soo Do Endurance Tip Test Stripe Purple Color



October 2012

In order to meet the physical requirements of martial arts training, a minimum level of endurance is essential. To help toward this goal we are introducing a new tip test stripe for endurance. The requirements are as follows:

Testing for:	Jumping Jacks	Push-ups	Sit-Ups	Bicycle Kicks
9th Gup White Belt	10	5	5	10
8th Gup Orange Belt	20	10	10	20
7th Gup Orange Belt	30	15	15	30
6th Gup Green Belt	40	20	20	40
5th Gup Green Belt	50	25	25	50
4th Gup Brown Belt	60	30	30	60
3rd Gup Brown Belt	70	35	35	70
2nd Gup Red Belt	80	40	40	80
1st Gup Red Belt	90	45	45	90
Cho Dan Bo	100	50	50	100

If you have an injury or physical limitation that prevents you from doing one or more of the above exercises, please discuss with the instructors to find a suitable alternative.

Tang Soo!

Master Mark Taylor and Mr. Brandon Uttech  
Instructor Puget Sound Tang Soo Do