

REQUIREMENTS:

I. ENDURANCE TEST SCHEDULE

**You are responsible to self train your running ability.
The endurance test has to be done at least one week before every test.**

<u>Kup/Dan</u>	<u># of Laps</u>	<u>Time required</u>	
		(Adult)	(Child under 15)
10 th	2 laps (1/2 mile)	4-5 minutes	(05-10)
9 th	4 laps (1 mile)	8-10 mins	(10-15)
8 th	6 laps (1-1/2 miles)	12-15 mins	(15-20)
7 th	8 laps (2 miles)	17-20 mins	(20-25)
6 th	10 laps (2-1/2 miles)	22-25 mins	(25-30)
5 th	12 laps (3 miles)	27-29 mins	(30-35)
4 th	14 laps (3-1/2 miles)	30-32 mins	(35-40)
3 rd	16 laps (4 miles)	33-35 mins	(40-45)
2 nd	18 laps (4-1/2 miles)	36-38 mins	(45-50)
1 st	20 laps (5 miles)	40 minutes	(50-60)
1 Dan/Poom	24 laps (6 miles)	50 minutes	75 minutes
2 Dan/Poom	28 laps (7 miles)	60 minutes	90 minutes
3 Dan/Poom	32 laps (8 miles)	70 minutes	110 minutes

*** Recommended Belt adds 1 lap.

II. ACADEMIC

- School age student from Elementary to High School requires maintaining a minimum grade score of C to remain with the program.
- Student MUST submit a copy of Academic Report card every semester to Than-Phong Taekwondo Institute.