

ATA Fit Test

Name: _____ Age: _____ Rank: _____

Round 1- Push Ups

Males will perform as many push-ups as they can in 1-minute from a traditional position

MALES	1 POINT	2 POINTS	3 POINTS	4 POINTS	5 POINTS
7-9	<15	15-21	22-27	28-35	>35
10-14	<18	18-25	25-30	31-38	>38
15-19	<25	25-37	38-47	48-57	>57
20-29	<20	20-34	35-44	45-54	>54
30-39	<15	15-24	24-34	35-44	>44
40-49	<12	12-19	20-29	30-39	>39
50-59	<8	8-14	15-24	25-34	>34
60+	<5	5-9	10-19	20-29	>29

ROUND 1:

Females will perform as many push-ups as they can in 1-minute from a modified position

FEMALES	1 POINT	2 POINTS	3 POINTS	4 POINTS	5 POINTS
7-9	<6	6-12	13-19	20-27	>27
10-14	<8	8-16	17-24	25-32	>32
15-19	<10	10-19	20-36	37-51	>51
20-29	<6	6-16	17-33	34-48	>48
30-39	<4	4-11	12-24	25-39	>39
40-49	<3	3-7	8-19	20-34	>34
50-59	<2	2-5	6-14	15-29	>29
60+	<1	1-2	3-4	5-19	>19

REST- 1 MINUTE

Round 2- Plank

Males will hold a plank position for a max time of 2:35

MALES	1 POINT	2 POINTS	3 POINTS	4 POINTS	5 POINTS
7-9	:30-:39	:40-49	:50- :59	1:00-1:09	1:10+
10-14	:38-:54	:55-1:09	1:10-1:24	1:25-1:49	1:50+
15-19	:50-:1:23	1:24-1:40	1:41-1:55	1:56-2:34	2:35+
20 +	:45-1:17	1:18-1:33	1:34-1:44	1:45-2:20	2:21+

ROUND 2:

Females will hold a plank position for a max time of 2:15

FEMALES	1 POINT	2 POINTS	3 POINTS	4 POINTS	5 POINTS
7-9	:30-:39	:40-49	:50- :59	1:00-1:09	1:10+
10-14	:35-:49	:50-59	1:00-1:14	1:15-1:29	1:30+
15-19	:40-:55	:56-1:29	1:30-1:50	1:51-2:09	2:10+
20 +	:30-1:03	1:04-1:19	1:20-1:30	1:31-2:00	2:01+

CUMULATIVE:

REST- 1 MINUTE

Round 3 -Four Different Segments Performed in 30-second blocks (no rest) Total Time 2-min.

- Jab, Jab, Cross Combo (left lead)
 - o Perform 15 combos in :30 seconds
- #2 Right Round Kick
 - o Perform 15 kicks in :30 seconds
- Jab, Jab, Cross Combo (right lead)
 - o Perform 15 combos in :30 seconds
- #2 Left Round Kick
 - o Perform 15 kicks in :30 seconds

ROUND 3:

_____ **CUMULATIVE:**

Round 3 will be scored on a fifteen-point scale. The fifteen-point scale shall be divided into three, five-point scales (Quality, Power and Reps) min. score is 1 and the max. score is 5 on each of the three scales.

NOTES: _____

REST – 1 MINUTE

Round 4 – 8 Sparring Combos Performed every 15 sec., alternating lead leg, Total Time 2-min.

- (left lead) #2 Right Front Kick, Jab, Cross, #2 Left Round Kick, #3 Side Kick
 - (right lead) #2 Left Front Kick, Jab, Cross, #2 Right Round Kick, #3 Side Kick
- *Complete the set a total of 4 times

ROUND 4:

_____ **CUMULATIVE:**

Round 4 will be scored on a ten-point scale. The ten-point scale shall be divided into two, five-point scales (Quality and Power) with the min score being 1 and the max score being 5 on each of the three scales.

NOTES: _____

REST- 1 MINUTE

Round 5 – 16 Sparring Combos Performed twice every 15 sec., alternating lead leg, Total Time 2-min.

- (left lead) #2 Right Front Kick, Jab, Cross, #2 Left Round Kick, #3 Side Kick
 - (right lead) #2 Left Front Kick, Jab, Cross, #2 Right Round Kick, #3 Side Kick
- *Complete the set a total of 4 times

ROUND 5:

_____ **CUMULATIVE:**

Round 5 will be scored on a fifteen-point scale. The fifteen-point scale shall be divided into three, five-point scales (Quality, Power and Reps) min score being 1 and the max score being 5 on each of the two scales.

NOTES: _____

Conversion:

- A score of 46-50 will convert to a "+1" total score.
- A score of 41-45 will convert to a "0" total score.
- A score of <41 will convert to a "-1" total score.

CUMULATIVE:

_____ **SCORE TOWARDS RANK**