

ENDURANCE AND ACADEMIC PERFORMANCE

Endurance / Running Test Schedule

Students are responsible to self-train their running ability. The endurance test must be completed at least one week prior to each belt promotional test.

<u>Kup/Dan</u>	<u>Number of Laps</u>	<u>Required Time</u>	
		Adults	Students under 15
10th ----->	2 laps (0.5 mile) ----->	4-5 minutes ----->	5-10 minutes
9th ----->	4 laps (1 mile) ----->	8-10 minutes ----->	10-15 minutes
8th ----->	6 laps (1.5 miles) ----->	12-15 minutes ----->	15-20 minutes
7th ----->	8 laps (2 miles) ----->	17-20 minutes ----->	20-25 minutes
6th ----->	10 laps (2.5 miles) ----->	22-25 minutes ----->	25-30 minutes
5th ----->	12 laps (3 miles) ----->	27-29 minutes ----->	30-35 minutes
4th ----->	14 laps (3.5 miles) ----->	30-32 minutes ----->	35-40 minutes
3rd ----->	16 laps (4 miles) ----->	33-35 minutes ----->	40-45 minutes
2nd ----->	18 laps (4.5 miles) ----->	36-38 minutes ----->	45-50 minutes
1st ----->	20 laps (5 miles) ----->	40 minutes ----->	50-60 minutes
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
4 Dan ----->	36 laps (9 miles) ----->	80 minutes	
5 Dan ----->	40 laps (10 miles) ----->	90 minutes	

***** Recommended Belt: Add 1 lap for color belts, 2 laps for black belt.**

Academic Performance

School-age students from Elementary to High Schools are required to maintain a minimum academic grade of C to remain as students of Than-Phong International Martial Arts Federation.

Students must submit a copy of their Academic Report Card every semester to the Director of the Dojo.