

TSA Karatedo Physical Fitness Assessment

Male Standards

Age	Curl-Ups # in 1 Min.	Right Angle Pushups	Standing Stretch
11	40	25	Palms Touch Floor
12	45	25	Palms Touch Floor
13	50	30	Palms Touch Floor
14	50	30	Palms Touch Floor
15	50	35	Palms Touch Floor
16	50	35	Palms Touch Floor
17	50	40	Palms Touch Floor

Female Standards

Age Female	Curl-Ups # in 1 Min.	Right Angle Pushups	Standing Stretch
11	35	11	Palms Touch Floor
12	35	12	Palms Touch Floor
13	40	13	Palms Touch Floor
14	40	15	Palms Touch Floor
15	40	15	Palms Touch Floor
16	40	16	Palms Touch Floor
17	40	17	Palms Touch Floor

For **Curl-Ups** and **Right Angle Pushups**, your grade is based on the percentage of curl-ups and pushups that you can do compared to the **TSA Karatedo Fitness Standard**. For instance, if you are a 14 year old girl and you do 35 curl-ups, you have done 35/40 of the Presidential Fitness standard, and you would receive an 87.5% or a B. (The TSA Karatedo Fitness Standard for both curl-ups and right angle pushups is based on the Presidential and National Fitness Standards.)

TSA Grading Scale

A+ 100 – 98%	A 97 – 95%	A- 94 – 92%
B+ 91 -- 89%	B 88 – 86%	B- 85 -- 83%
C+ 82 – 80%	C 79 --77%	C- 76 --74%
D+ 73 -- 71%	D 70 -- 68%	D- 67 -- 65%

Standing Stretch

A+ Palms Touch Floor	A Fist Knuckle Touches Floor	A- 2 nd Knuckle Touches Floor
B+ Finger Tips Touch Floor	B Finger Tips Minus 1”	B- Finger Tips Minus 2”
C+ Finger Tips Minus 3”	C Finger Tips Minus 4”	C- Finger Tips Minus 5”
D+ Finger Tips Minus 6”	D Finger Tips Minus 8”	D- Finger Tips Minus 9”