

# Jhoon Rhee Black Belt Academy FITNESS CHALLENGE

Your Name: \_\_\_\_\_

Current Rank: \_\_\_\_\_

Date Completed: \_\_\_\_\_

*Choose a level and keep track of your daily workout on this chart. Before your next grad date, you must complete the challenge that matches your main belt color (or higher) in order to graduate to the next rank.*

Push Ups	Sit Ups	Kicking Skill
Purple 50 e/o	Purple 50 e/o	Wall Chambers OR Belt Stretch (see chart below for quantities of each)
Blue 75 e/o	Blue 75 e/o	
Red 100/day	Red 100/day	
Black 200/day	Black 200/day	

**NOTE for 2011** For clarity, "Orange" changed to PURPLE; "Brown" changed to RED

	Date	write the # you did	write the # you did	write the # you did	Initials
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					
Day 8					
Day 9					
Day 10					
Day 11					
Day 12					
Day 13					
Day 14					
Day 15					
Day 16					
Day 17					
Day 18					
Day 19					
Day 20					
Day 21					
Day 22					
Day 23					
Day 24					
Day 25					
Day 26					
Day 27					
Day 28					
Day 29					
Day 30					
Day 31					
Day 32					
Day 33					
Day 34					
Day 35					

Wall Chambers:	10 per leg	15 per leg	20 per leg	30 per leg
Belt Stretch:	10 sec per kick	20 sec per kick	30 sec per kick	1 min per kick