



W K C

WORLD KARATE CONFEDERATION

Official Referee/Judge Fitness Test

By

Terry Boyle, N. Ireland. WKC Referee Commission

This standard is based on age and gender. Assessment is done via a Multi-Stage Fitness Test (Bleep Test) or a mile and a half run plus Press- up's and Sit-up's.

Complete test to take no longer than 40 minutes.

Age (years)	Males			Females		
	Press-up + Sit-up	1.5 mile or 2km run (in minutes)	Or M.S.F.T level Bleep test 17.5 metres	Press-up + Sit-up	1.5 mile or 2km run (in minutes)	Or M.S.F.T level Bleep test 17.5 metres
<29	200	12	9.2	175	14	7.3
30-39	175	12.5	8.8	150	15	6.7
40-49	150	13	8.2	125	16	6.1
50-59	125	14.5	6.10	100	18	5.2