

Silent River Kung Fu Conditioning and Training Goals

Kung fu martial artists must maintain a high level of conditioning. Fitness level can be tracked using our Conditioning Power Rating Score. The components which make up the Conditioning Power Rating measure power, agility, quickness, strength, muscle endurance, technique, and flexibility. Be aware everyone has different limitations. These scores are meant for personal tracking only and should not be used to compete nor compare with others.

Conditioning Power Rating Scoring

Sit and Reach

Sit and Reach Power Rating (cm)		
Females	Males	Rating
30	25	10
25	20	9
20	15	8
15	10	7
10	5	6
5	0	5
0	-5	4
-5	-10	3
-10	-15	2
-15	-20	1

Purpose

The sit and reach is the flexibility test that measures your hamstring and lower back flexibility.

Procedure

Sit with your legs extended in front of you and with the bottom of your feet touching the bottom step of a flight of stairs; your feet should be about 15 centimeters apart. Set a ruler on the first step so it overhangs in your direction. The mark on the ruler that marks the bottom of your feet will be zero for the test. Reaching beyond your feet indicates positive numbers. Not reaching your feet are negative numbers. Keeping your legs straight, bend forward slowly from the waist with your arms outstretched, your hands together, and your palms down. Reach as far as possible with your hands at toe level. Hold for 2 seconds, repeat 3 times, and record your best score.

Push Ups

Purpose The push up test measures the muscular strength and endurance in an upper body pushing movement.

Procedure

Assume a proper push up starting position: straight arms with hands flat on the floor, your thumbs directly below your armpits, and your fingers pointing forward. Your shoulders, back, buttocks, and legs are in a flat, straight position with toes touching the floor. Place a rolled towel (5 cm high) on the floor directly below your chest. Lower your body under control until your chest touches the towel, and then push your body up until your arms are fully extended. Count the total number of completed repetitions. A repetition is not counted if:

- your chest does not touch the towel;
- your body did not maintain a flat, straight position throughout the movement;
- the arms are not fully extended.

The test is over when you cannot execute a complete push-up.

Push Up Power Rating		
Females	Males	Rating
30	60	10
27	55	9
24	50	8
21	45	7
18	40	6
15	35	5
12	30	4
9	25	3
6	20	2
5	19	1

300 Meter Shuttle

Purpose

The 300 meter shuttle is a conditioning test that measures anaerobic endurance.

Procedure

Place two hoops (1m diameter) 10 meters apart. Place one bean bag in each hoop. Starting at one hoop and taking a third bean bag in your hand, run to the other hoop, place the bean bag in the hoop - count 1 - and pickup the other bag. Run back to the first hoop and place the bean bag in the hoop - count 2 - and pickup the other bag. Continue to a count of 30.

300 Meter Shuttle Power Rating (seconds)		
Females	Males	Rating
99	84	10
102	87	9
105	90	8
108	93	7
111	96	6
114	99	5
117	103	4
120	107	3
123	110	2
126	113	1

20 Meter Agility Power Rating (seconds)		
Females	Males	Rating
4.5	4.0	10
4.8	4.3	9
5.1	4.6	8
5.4	4.9	7
5.7	5.2	6
6.0	5.5	5
6.3	5.8	4
6.6	6.1	3
6.9	6.4	2
7.2	6.7	1

20 Meter Agility Drill

Purpose

The 20 meter agility drill measures your ability to accelerate, decelerate, and change direction.

Procedure

On a flat surface, place a marker for a centre line. Measure 5 yards in both directions from the centre line and mark these spots. Straddle the centre line with your feet and equal distance from the line and place one hand on the line. Time yourself while you run toward the line of your choice and touch it with your hand and foot. Change direction and run past the centre line to the opposite line and touch it with your hand and foot. Again change direction and run through the centre line. The drill is over when you cross the centre line the second time.

Flexed Arm Hang

Purpose

The flexed arm hang measures the strength and endurance in an upper body flexed static position.

Procedure

The pull-up bar should be at a height with will allow you to hang in a flexed arm position with a minimum 15 cm clearance between your feet and the floor. Position your hands on the bar, shoulder width apart with the arms in a fully flexed position and the chin above, not touching, the bar. Time yourself in this position until your chin drops below, or touches the bar.

Flexed Arm Hang (seconds)		
Females	Males	Rating
31	46.5	10
28	42	9
25	37.5	8
22	33	7
19	28.5	6
16	24	5
13	19.5	4
10	15	3
7	10.5	2
4	6	1

Pull Ups

Purpose

The pull up test measures the muscular strength and endurance in an upper body pulling movement.

Procedure

The pull up bar should be at a height which will allow you to hang in a fully extended position without your feet touching the floor. Position your hands on the bar, shoulder width apart, with the arms in a fully extended hanging position. Pull yourself up until your chin is above the bar and return to a fully extended hanging position. Count the total number of completed repetitions. A repetition is not counted if:

- your chin does not clear the bar;
- you fail to fully extend your arms;
- your body swings

The test is over when you fail to complete the upward movement or you do not begin the upward movement within five seconds of completing a repetition.

Pull Ups Power Rating		
Females	Males	Rating
9	16	10
8	14	9
7	12	8
6	10	7
5	8	6
4	6	5
3	4	4
2	3	3
1	2	2
0	1	1

Perpendicular Splits Power Rating (degrees)		
Females	Males	Rating
180	160	10
175	155	9
170	150	8
165	145	7
160	140	6
155	135	5
150	130	4
145	125	3
140	120	2
135	115	1

Perpendicular Splits

Purpose

The perpendicular splits is a test which measures the flexibility of the inner thighs and hips.

Procedure

Before beginning, thoroughly warm up the muscle group you intend to stretch. Using a flexmaster stretching machine, slowly stretch your legs, resting and holding at intervals. Increase your stretch angle while exhaling with each stretch until you reach your maximum stretch angle and record.

Sit Ups

Purpose

The sit up test measures the muscular strength and endurance of abdominals and the hip flexors.

Procedure

Lie on the floor with your knees bent so that your heels are 30 to 45 centimeters from your buttocks. Cross your arms and place each hand on the opposite shoulder. Have a partner hold your feet in position, count your repetitions, and time you for 60 seconds. For each repetition, sit up until your elbows touch your knees, and lay back until your shoulder blades touch the floor. A repetition is not counted if:

- Your elbows do not touch your knees;
- Your shoulder blades do not touch the floor;
- Your hands come off your shoulders.

Sit Ups Power Rating (60 secs.)		
Females	Males	Rating
55	60	10
50	55	9
45	50	8
40	45	7
35	40	6
30	35	5
25	30	4
20	25	3
15	20	2
14	19	1

Basic Kicks

Purpose

The basic kick test measures the reflex, strength, speed, and flexibility of the muscles involved in executing each of the basic kicks:

- side heel thrust;
- front thrust;
- roundhouse;
- spinning back.

Procedure

As you face a Wavemaster heavy bag, assume a bow stance or horse stance. On command, begin executing a kick from your choice of combative or reverse leg. Once one leg has been chosen, it must be used for the entire test (there is no combative spinning back kick). After each kick, return to the chosen original stance. Proper distance must be maintained throughout the test. If a kick tips the bag, reset the bag without stopping the timer. Count the total number of kicks delivered in one minute.

Do not count kicks if:

- kicking motion is not technically correct;
- the kick does not deliver adequate power to the bag;
- a proper stance has not been assumed between kicks.

Test each leg in both stances from combative and reverse positions and score separately.

Side/Front/Roundhouse/Spinning Back Kick Power Rating (60 seconds)		
Females	Males	Rating
44/46/48/26	46/48/50/28	10
42/44/46/24	44/46/48/26	9
40/42/44/22	42/44/46/24	8
38/40/42/20	40/42/44/22	7
36/38/40/18	38/40/42/20	6
34/36/38/16	36/38/40/18	5
32/34/36/14	34/36/38/16	4
30/32/34/12	32/34/36/14	3
28/30/32/10	30/32/34/12	2
26/28/30/9	28/30/32/11	1

Horse Stance Power Rating (minutes)		
Females	Males	Rating
5	5	10
4.5	4.5	9
4	4	8
3.5	3.5	7
3	3	6
2.5	2.5	5
2	2	4
1.5	1.5	3
1	1	2
<1	<1	1

2 km Run

Purpose

The 2 km run is a conditioning test that measures your aerobic endurance.

Procedure

After a proper warm up, run 2 kilometers and record your time. Stretch all major lower muscle groups before and after the test.

Horse Stance

Purpose

The horse stance test measures the muscular strength and endurance of the upper legs.

Procedure

Assume a proper horse stance with both feet aligned parallel to one another and about one and a half shoulder widths apart. Balance a bean bag on each knee. Time yourself until a bean bag falls.

2 km Run Power Rating (minutes)		
Females	Males	Rating
11	10	10
11.5	10.5	9
12	11	8
12.5	11.5	7
13	12	6
13.5	12.5	5
14	13	4
14.5	13.5	3
15	14	2
15.5	14.5	1

Thrust Punch

Purpose

The thrust punch test measures the speed, technique, and power of the muscles utilized when executing a thrust punch.

Procedure

Face a heavy bag in a horse stance. On command begin executing thrust punches, alternating each fist, into the bag. Count the total number of punches delivered in one minute. Do not count punches if:

- punching motion is not technically correct;
- hands do not return to the hip between punches;
- balance is not maintained;
- adequate power is not delivered.

Thrust Punch Power Rating (60 seconds)		
Females	Males	Rating
215	225	10
210	220	9
205	215	8
200	210	7
195	205	6
190	200	5
185	195	4
180	190	3
175	185	2
170	180	1

Lateral Jump Power Rating (60 seconds)		
Females	Males	Rating
85	90	10
80	85	9
75	80	8
70	75	7
65	70	6
60	65	5
55	60	4
50	55	3
45	50	2
40	45	1

Lateral Jump Agility Drill

Purpose

The lateral jump agility drill measures the power of the lower body and the flexibility of motion of the legs.

Procedure

Place an object 30 cm wide by 30 cm high to one side of you. On command, jump back and forth laterally over the object by pulling your knees to the chest. Count the total number of jumps completed in one minute.

Vertical Jump

Purpose

The vertical jump is a test to measure the explosive power of the lower body

Procedure

Calculate your vertical jump by subtracting your maximum static reach altitude from your maximum jump reach altitude.

Vertical Jump Power Rating (centimeters)		
Females	Males	Rating
52.5	85	10
50	80	9
47.5	75	8
45	70	7
42.5	65	6
40	60	5
37.5	55	4
35	50	3
32.5	45	2
30	40	1