



OKKA – Mullica Hill

Physical Fitness Stripe Program



The OKKA Physical Fitness Stripe Program is designed to encourage our students to live a healthy and fit lifestyle both inside the Dojo and at home.

Similar to the Academic Achiever and STAR programs, the PFSP recognizes students for their achievements. To qualify for the program the student must keep a log of their specific exercises done outside the dojo.

The exercises that qualify for the program are specific calisthenics and jogging/running that align with the activities we perform in the Dojo during our training. They include:

- Running or elliptical miles
- Sit-ups
- Pushups
- Jumping jacks
- Bend and thrust
- Triple Threats
- Hold Exercises: Planks, Six Inches, & Horse Stance (30 seconds per additional level)

These exercises are in addition to any play time, Physical Education Classes and, unless requested in advance, any outside organized sports that the student participates in.

The student must log their exercises during each belt cycle. The PFSP award will be provided as part of the belt exam process. The award will be in the form of a belt stripe.

The level of achievement is based on the Rank of the system.

White and Yellow Ranks

3 Sets of 10 of THREE or more of the qualifying exercises; 2 times a week. (Additional sets, qualifying exercises & days are encouraged and should be logged.) Hold Exercise for 3 sets, 30 seconds each

Orange and Green Ranks

3 Sets of 15 of THREE or more of the qualifying exercises; 3 times a week. (Additional sets, qualifying exercise, & days are encouraged and should be logged.) Hold Exercise for 3 sets, 60 seconds each

Purple and Brown

3 Sets of 20 of THREE or more of the qualifying exercises; 4 times a week. (Additional sets, qualifying exercises, & days are encouraged and should be logged.) Hold Exercise for 3 sets, 90 seconds each

Brown with 1 stripe and above

3 Sets of 25 of THREE or more of the qualifying exercises; 4 times a week. (Additional sets, qualifying exercises, & days are encouraged and should be logged.) Hold Exercise for 3 sets, 120 seconds each

Process for earning your PFSP Stripe

1. Download the PFSP form from the document center of our website.
2. Fill out the log sheet each time you exercise.
3. Submit your log for review during your first class of Week 7 (Stations Week). Students may be asked to demonstrate one or more of the exercises documented on their log.