XSAMA FITNESS SCORING

Epic	**5 Points**
Above Average	**4 Points**
Average	**3 Points**
Good	**2 Points**
Fair	**1 Point**

There are 6 events worth a maximum of 5 points each

There are 30 points possible

Students need to receive 21 Points to pass XSAMA Fitness Testing

XSAMA Fitness must be passed before belt rank testing permission will be given.