



**Saturday, March 31st**

**Mount Dora Middle School  
And  
The City of Mount Dora Parks  
and Recreation**



# 2012 FireDragon Challenge

**Team and Individual test for physical endurance and strength  
necessary for true martial art mastery. . .  
Created for martial artists -  
Designed as a physical fitness challenge FOR YOU!**

**Start training for the March 31st Challenge!**

## The Challenge

**Stage 1:** Maximum push-ups that can be done in a minute. To be counted each push-up must include the chest touching the ground on the down motion and the arms must be straight on the up motion for the push-up to count.. Quickly go to stage 2.

**Stage 2:** Maximum pull-ups that can be done in a minute. You get one shot here. Once your feet touch the ground, you are done. To be counted each pull-up must include the arms going straight on the down motion and the chin must clear the top of the bar on the up motion. Quickly go to stage 3:

**Stage 3:** Maximum sit-ups that can be done in a minute. To be counted each sit-up must include the elbows touching both the bent knees on the up motion and the head must touch the ground on the down motion. Quickly go to stage 4:

**Stage 4:** You get one minute to do 2 tries at a standing broad jump. Your best effort is your score. To be counted each broad jump must start with both feet flat, parallel and next to each other behind the start line and the distance will be marked at the point of any part of the body touching the ground closest to the start line. Quickly go to stage 5:

**Stage 5 :** Maximum number of "squats" that can be done in a minute. A squat is to be done down to thigh-parallel, and then stand completely up. Any squat that doesn't go down that far, or goes all the way down does not count. Judge will stop you if form gets unacceptable. Quickly go to stage 6:

**Stage 6:** A one-mile run. To be counted the entire distance must be completed.

**Team trophies for first 3 places  
Individual trophies for 1st 3 places in each grade participating  
Date: Saturday, March 31st Time: 10AM—completion  
Where: Mount Dora Middle School Gym  
Registration Fee: \$5.00**

Sponsors listed here: