

# CORY'S KARATE

## 3 Week Gold Belt Exam Training Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	Reflect/Catch Up 20 Push-ups & Sit-ups	Run .5 miles ALL FRONT & SIDE KICKS Defending against 2 punches / grab Kibon I Escrima I 5 minutes Website	20 push-ups & 20 sit-ups ALL SPIN KICKS Defending against 1 hand punch/grab Kibon II Escrima II 5 minutes Website	Run .5 miles ALL BLOCKS Defending against an attack from behind Kibon III Escrima I 5 minutes Website	15 push-ups & 15 sit-ups ALL STRIKES Defending against 2 punches / grab Kibon II Escrima II 5 minutes Website	Run .5 miles ALL KICKS Defending against 1 hand punch/grab Kibon I Kibon III 10 minutes Website	Run .5 miles 20 push-ups & 20 sit-ups ALL FORMS ALL WEAPONS 10 minutes Website
Week 2	Reflect/Catch Up 20 Push-ups & Sit-ups	Run 1 mile ALL FRONT & SIDE KICKS Defending against a kick Kibon I Escrima I 5 minutes Website	15 push-ups & 15 sit-ups ALL SPIN KICKS Defending against 1 hand punch/grab Kibon II Escrima II 5 minutes Website	Run .5 miles ALL BLOCKS Defending against an attack from behind Kibon III Escrima I 5 minutes Website	20 push-ups & 20 sit-ups ALL STRIKES Defending against 2 punches / grab Kibon II Escrima II 5 minutes Website	Run 1 mile ALL KICKS ALL DEFENSES Kibon I Kibon III 5 minutes Website	Run .5 miles 20 push-ups & 20 sit-ups ALL FORMS ALL WEAPONS 10 minutes Website
Week 3	Reflect/Catch Up 20 Push-ups & Sit-ups	Run 1 mile ALL FRONT & SIDE KICKS Defending against a kick Kibon I Escrima I 5 minutes Website	25 push-ups & sit-ups ALL SPIN KICKS Defending against 1 hand punch/grab Kibon II Escrima II 10 minutes Website	Run .5 miles ALL BLOCKS Defending against an attack from behind Kibon III Escrima I 5 minutes Website	20 push-ups & sit-ups ALL STRIKES Defending against 2 punches / grab Kibon II Escrima II 10 minutes Website	Run .5 miles ALL KICKS ALL DEFENSES Kibon I Kibon III 10 minutes Website	Exam Day!

Great and consistent practice makes for GREAT belt exams! Please follow this training calendar to guarantee your confidence, endurance and readiness to test for your next rank. For BEST results, practice all forms as listed each day at least 5 times, and different defense scenarios per attack (5 times each) and complete your runs, push-ups & sit-ups! Use the Cory's Karate members only website for requirements sheets and videos to review kicks, forms and defenses.

#### Defenses against a Kick

- X-Ceeding (Blue)
- Dance of Darkness (Blue)
- High Jinx (Blue)
- Rolling Stones (Purple)
- Bridge & Kick (Brown)

#### Defenses against a single hand punch or grab

- Breathing Easy (Yellow Stripe)
- Slap Stick (Yellow Stripe)
- Delayed Sword (Gold)
- Broken Wing (Gold)
- Snaking Talon (Orange)

#### Defenses against a double hand punch or grab

- Mace of Aggression (Yellow)
- Uprooting Wings (Yellow)
- Wounded Knee (Green)
- Falling Star (Green)
- Center Cut (Green)

#### Blocks

- Inward (Yellow Stripe)
- Upward (Yellow Stripe)
- Outward (Yellow Stripe)
- Shunt (Yellow Stripe)
- Middle (Yellow)
- Palm (Yellow)
- Downward (Yellow)
- Inside Chop (Gold)
- Outside Chop (Gold)
- Downward Chop (Gold)
- Shuto Block (Gold)
- Ridge Hand (Orange)
- X Block Low (Green)
- X Block High (Green)
- Chicken Head (Green)
- Crane (Green)

#### Defenses against an attack from behind

- Sword & Hammer (Gold)
- Blind Freedom (Orange)
- Trapped Wings (Orange)
- Grasp of Death (Purple)
- Crashing Wings (Purple)

#### Strikes

- Palm Heel (Yellow Stripe)
- Inside Elbow (Yellow Stripe)
- Inside Hammer (Yellow Stripe)
- Outside Hammer (Yellow Stripe)
- Horizontal Punch (Yellow)
- Inside Chop (Yellow)
- Outside Chop (Yellow)
- Outside Elbow (Yellow)
- Reverse Punch (Gold)
- Inside Ridge (Gold)
- Outside Ridge (Gold)
- Rear Elbow (Gold)
- Driving Elbow (Orange)
- Rising Elbow (Orange)
- Upward Elbow (Orange)
- Downward Elbow (Orange)
- Back Fist (Green)
- Sliding Punch (Green)
- Inside Eye Rake (Green)
- Outside Eye Rake (Green)
- Twin Fist (Blue)
- U Punch (Blue)
- Upset Finger (Blue)
- Vertical Punch (Blue)
- Web Hand (Purple)
- Spear Hand (Purple)
- Monkey Paw (Purple)
- Chicken Head (Purple)
- Chicken Bite (Brown)

#### Front/Side Kicks

- Front Snap (Yellow Stripe)
- Knee (Yellow Stripe)
- Front Thrust (Yellow Stripe)
- Side (Yellow)
- Step Side (Yellow)
- Back (Yellow)
- Jump Front (Gold)
- Low-High Side (Gold)
- Turning Back (Orange)
- Jump Turning Back (Green)
- Heel Rake (Blue)
- Turning Heel Rake (Blue)
- Flying Side (Blue)
- Scissor Sweep (Purple)
- Drop Back (Purple)
- Jump Turning Heel Rake (Brown)
- Full Turning Back (Brown)
- Full Turning Sweep (Red Stripe)
- Full Turning Heel Rake (Red Stripe)

#### Spin Kicks

- Front Leg Round (Yellow Stripe)
- Rear Leg Round (Yellow)
- Low High Round (Gold)
- Ax (Gold)
- Front Spin (Orange)
- Inside Crescent (Orange)
- Outside Crescent (Orange)
- Turning Ax (Green)
- Open Sweep (Green)
- Closed Sweep (Green)
- Jump Spin (Green)
- Turning Round (Blue)
- Inverted Crescent (Blue)
- Rear Leg Spin (Purple)
- Reverse Inside Crescent (Purple)
- Rear Leg Jump Round (Purple)
- Reverse Spin (Brown)
- Jump Turning Outside Crescent (Brown)