

# CORY'S KARATE

## 3 Week Green Belt Exam Training Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	Reflect/Catch Up 40 Push-ups & Sit-ups	<b>Run .5 mile</b> ALL FRONT & SIDE KICKS Defending against 2 punches / grab Kibon I Nunchaku I 5 minutes Website	25 push-ups & 25 sit-ups ALL SPIN KICKS Defending against 1 hand punch/grab Kibon II Escrima I Escrima II 5 minutes Website	<b>Run 1 mile</b> ALL BLOCKS Defending against an attack from behind Kibon III Bo Staff I 5 minutes Website	25 push-ups & 25 sit-ups ALL STRIKES Defending against 2 punches / grab Kibon IV Advanced I 5 minutes Website	<b>Run .5 miles</b> ALL KICKS Defending against 1 hand punch/grab Chosang 10 minutes Website	<b>Run 1.5 miles</b> 25 push-ups & 25 sit-ups ALL FORMS ALL WEAPONS 20 minutes Website
Week 2	Reflect/Catch Up 40 Push-ups & Sit-ups	<b>Run 1 mile</b> ALL FRONT & SIDE KICKS Defending against 2 punches / grab Kibon I Nunchaku I 5 minutes Website	30 push-ups & 30 sit-ups ALL SPIN KICKS Defending against 1 hand punch/grab Kibon II Escrima I Escrima II 5 minutes Website	<b>Run 1 mile</b> ALL BLOCKS Defending against an attack from behind Kibon III Bo Staff I 5 minutes Website	35 push-ups & 35 sit-ups ALL STRIKES Defending against 2 punches / grab Kibon IV Advanced I 5 minutes Website	<b>Run 1 mile</b> ALL KICKS Defending against 1 hand punch/grab Chosang 5 minutes Website	<b>Run 1.5 miles</b> 40 push-ups & 40 sit-ups ALL FORMS ALL WEAPONS 20 minutes Website
Week 3	Reflect/Catch Up 40 Push-ups & Sit-ups	<b>Run 1.5 mile</b> ALL FRONT & SIDE KICKS Defending against 2 punches / grab Kibon I Nunchaku I 5 minutes Website	45 push-ups & sit-ups ALL SPIN KICKS Defending against 1 hand punch/grab Kibon II Escrima I Escrima II 10 minutes Website	<b>Run 1 miles</b> ALL BLOCKS Defending against an attack from behind Kibon III Bo Staff I 5 minutes Website	40 push-ups & sit-ups ALL STRIKES Defending against 2 punches / grab Kibon IV Advanced I 10 minutes Website	<b>Run 1 mile</b> ALL KICKS Defending against 1 hand punch/grab Chosang 10 minutes Website	<b>Exam Day!</b>

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)