

CHERRY'S KARATE AT HOME TEST AND FITNESS TRAINING

WARM-UP EVERY DAY

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| 1. Run in Place – 30 (2 Counts as 1) | 4. Pull Pulls – 3 Times (Front, In, Back) | 8. Leg Raises – 10 |
| 2. Jumping Jacks – 10 | 5. Push up – 20 | 9. Squat – 20 |
| 3. Rotate All Joints – (Minimum of Six Rotations per Joint) | 6. Mountain Climbers - 20 | 10. Calf raises – 30 |
| | 7. Crunch – 10 | 11. Stretch Series |

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FORMS	FORMS	FORMS	FORMS	FORMS	TEST TRAINING
- Practice the forms lowest to highest.	- Weapon Form	- Practice the forms in the order of your worst to your best	- Weapon Form	- Practice the forms highest to lowest	- Today is Test day Today you will work through the whole test. Below is ordered that you will perform the test.
WORKOUT	WORKOUT	WORKOUT	WORKOUT	WORKOUT	1.Blocking 2.Kicking 3.Forms 4.Weapon Forms 5.One-Step Sparring 6.Grabs and Joint locks 7.Sparring 8.Weapon Drill 9.Self-Defence Drill 10.Terminology
-Do as many rounds as possible in 15 minutes. Total Body One Round: 1. Push up - 10 2. Wide Push up – 5 3. Tricep Push up - 5 4. Pull Up – 10 5. One leg seated jump squats - 10 per leg 6. Feet together squats - 10 7. Tricep Dips - 20 8. Alternate lunge high knees -20 total 9. Bicep or Chin-up - 10 10 Pike Press – 12 11. Bridges- 20 12. Calf raises-60	-Do as many rounds as possible in 15 minutes. Kicking Combination One Round: 1. Combination #1 - 5 per side 2. Combination #2 - 5 per side 3. High knees- 30 (2 counts as1) 5. Combination #3 - 5 per side 6. Combination #4 - 5 per side 7. Butt kicks- 30 (2 counts as1) 8. Combination #5 - 5 per side 9. Kick out - 30 (2 counts as1)	-Do as many rounds as possible in 15 minutes. Total Body One Round: 1. Push up - 10 2. Wide Push up – 5 3. Tricep Push up - 5 4. Pull Up – 10 5. One leg seated jump squats - 10 per leg 6. Feet together squats - 10 7. Tricep Dips - 20 8. Alternate lunge high knees -20 total 9. Bicep or Chin-up - 10 10 Pike Press – 12 11. Bridges- 20 12. Calf raises-60	-Do as many rounds as possible in 15 minutes. Hand Combination One Round: 1. Combination #1,2 - 5 per side 2. Combination #3,4 - 5 per side 3. High knees- 30 (2 counts as1) 5. Combination #6,7 - 5 per side 6. Butt kicks- 30 (2 counts as1) 7. Combination #8, - 5 per side 8. Kick out - 30 (2 counts as1)	-Do as many rounds as possible in 15 minutes.. Total Body One Round: 1. Burpee-5 2. Push up Sidearm balance-10 3. Long jump-5 4. Bear crawl-5 (forward 4 back 4 =1) 5. Jack knives-10 1. Back burpee-5 2. Spider push-ups-10 3. High knee jumps-10 4. Crab crawl-5 (forward 4 back 4 =1) 5. Rowboats - 10.	

ABS THREE TIMES A WEEK(MONDAY, WEDNESDAY, FRIDAY) 1 TO 3 ROUNDS

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| <ul style="list-style-type: none"> 1. Crunch - 10 2. Leg Raises – 10 3. Bicycle Crunches – 10 (2 Counts as 1) 4. Jack Knives – 10 | <ul style="list-style-type: none"> 5. Oblique Jack Knives – 10 (Per Side) 6. Rowboats – 10 7. Russian Twist – 10 (2 Counts as 1) 8. Plank – Max or 2 mins |
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Remember that good form is key