

SOAR TSD Class Workout

Week of 28-Oct-19








Weekly Focus: Ho Sin Sul

WARM UP EXERCISES (CHOON BEE WOON DONG), BASIC TECHNIQUES EXERCISES (KI CHO WOON DONG), AND STRETCHING					
ACTIVITY	SETS	REPS	BODY TARGET	REPEAT	NOTES
Ab Routine	2	10	Core/Upper	///	Sit & Flutter, PU, Rev Abs, PU, Over/Under, PU
Bahl/Yup Poto Oly Ki	1	5/5 ea	Legs/Hips	None	Consecutive Kicking Stretch
Basic Kicking (w/ Squats first)	1	10/10 ea	Legs/Hips/Core	None	Front, Side, Round, O/I & I/O Crescent, 180 Back, Cchick Ki
Pahl Put Ki (Chun Kul Ja Seh) Moving down the Floor	1	10 ea	Upper	None	Choong Dan Kong Kyuck, Ha Dan Mahk Ki, Ahneso Phaku Ro Mahk Ki, Phakeso Ahnu Ro Mahk Ki, Sang Dan Mahk Ki, Choong Dan Soo Do Mahk Ki
Stretching	-	-	Total	None	Legs, Abs, Shoulders, Neck, Arms, Wrists

TECHNICAL	
ACTIVITY	
Eyes on Target: Shi Sun - Look at what you're targeting, See what you're hitting. In forms, look before you move and imagine the opponent(s) you're facing and the technique you're defend or countering.	
Moo shim or empty mind is a state of mind in which one no longer thinks or becomes preoccupied with the act of doing. The action is performed without thought. This is only achieved when the mind and body are united as one unit. This state of mind is achieved after many years of training.	
Attitude Requirements to Master Tang Soo Do: 2. Serious Approach. Tang Soo Do is a Martial application as well as a whole person development system. The martial application carries risk, so a serious approach is necessary to keep our training partners and ourselves safe while we practice and learn.	
Hyung Interpretation Principles: 2. Every technique should be able to end the fight immediately. Technique is made up of three parts: timing, distance, and target. The loss of any one of these parts is the loss of tactical and strategic advantage—the loss of the art in application. Every movement in a hyung should be able to cause serious bodily harm to an assailant in the minimal time necessary to execute the technique including “blocks.” In real life self-defense and combat, the practitioner does not have time to feel out his opponent. Hyungs “were developed before the advent of modern medicine, which cures injuries that would have been fatal a century ago. ...the ancient masters designed every offensive technique and most defensive ones to immediately end the fight” (Kane and Wilder). This is why the WTSDA requires an attitude and character with a “serious approach,” the willingness to repeatedly “practice basic techniques all the time,” and to “learn thoroughly the theory and philosophy” behind the technique all while humbly guarding against becoming “overly ambitious.” the practitioner must never forget Tang Soo Do is an art of martial (appropriate to war) application.	
Note on Blocking: Blocking to simply receive a blow from an opponent in Tang Soo Do does not exist. If the defender only raises his arms as a shield so as not to be hit in the face, he has been hit in the arms. That's not a block. A Tang Soo Do block counters an attack, and therefore becomes a counter-attack. Blocks in Tang Soo Do are strikes, dodges, and pushes against a rapidly moving target with the goal of disabling the target.	

HYUNGS Links to videos for each Hyung can be found under “Student Study Materials”					
OPEN HAND	OPEN HAND	WEAPON	BELT	GUP	NOTES: Focus on Yellow
Sae Kye Hyung Il Bu				10-9	
Sae Kye Hyung E Bu	Sae Kye Hy. Sam Bu			8-7	
Pyung Ahn Cho Dan				6	
Pyung Ahn E Dan				5	
Pyung Ahn Sam Dan		Bong Hyung Il Bu		4	May introduce Bong Hyung Il Bu
Pyung Ahn Sah Dan				3	
Pyung Ahn Oh Dan				2	
Bassai		Bong Hyung Il Bu		1	
Naihanchi Cho Dan		Bong Hyung E Bu		CDB	
Sip Soo				1Dan	
Naihanchi E Dan		Bong Hy. Sam Bu		2Dan	
Jin Do / Naihanchi Sam Dan	Ki Cho Jang Gum Hy.	Dan Gum Hy.		3Dan	
WATER WATER WATER WATER WATER					

Grabbing One Steps	
Activity	NOTES
Il Soo Sik Dae Ryun Ho Sin Sul 1-2	9th Gup (Sr. White) 1. Same Side 2. Oposite Side
Il Soo Sik Dae Ryun Ho Sin Sul 3-4	8th Gup (Orange) 3. Snake in the Tree 4. Ride the Rainbow
Il Soo Sik Dae Ryun Ho Sin Sul 5-6	7th Gup (Sr. Orang) 5. Horse and Saddle 6. Belt Left Side: 1-6

Il Soo Sik Dae Ryun Ho Sin Sul 7-8		6th Gup (Green) 7. Scruff 8. Turning the Rainbow
Il Soo Sik Dae Ryun Ho Sin Sul 9-10		5th Gup (Sr. Green) 9. Elbow Throw 10. Side Headlock Left Side: 1-10
Il Soo Sik Dae Ryun Ho Sin Sul 11-12		4th Gup (Brown) 11. Four from the Shoulder 12. Tiny Circles
Il Soo Sik Dae Ryun Ho Sin Sul 13-14		3rd Gup (Sr. Brown) 13. Purse Snatch 14. To the Pits Left Side: 1-14
Il Soo Sik Dae Ryun Ho Sin Sul 15-16		2nd Gup (Red) 15. Standing Buddy 16. Double Wrists Front
Il Soo Sik Dae Ryun Ho Sin Sul 17-18		1st Gup (Sr. Red) 17. Double Wrists Back 18. Double Lapel Left Side: 1-18
Il Soo Sik Dae Ryun Ho Sin Sul 19-20		Cho Dan Bo (Blue)/Cho Dan (1st Deg) 19. Bear around Waist 20. Bear Hug over arms Left Side: 1-20
Il Soo Sik Dae Ryun Ho Sin Sul 21-30		E Dan (2nd Deg) One steps 1-30 including Left Side

Cha Gi & Kong Kyuck combinations / Moving down the floor Bold = Advanced				
ACTIVITY	JA SEH	SETS	REPS	BODY TARGET
Patner up for random Ho Sin Sul Attack and Defense	Hu Kul	5-10 Mins	∞	Moo Shim
Run a two line quantlet wher the defender approaches each person down the line	Hu Kul	5-10 Mins	∞	Moo Shim

TECHNICAL		
ACTIVITY	BODY TARGET	NOTES
Legs, Abs, Shoulders, Neck, Arms	Total	You can conduct closing Mat Chat while stretching
<p>MAT CHAT – Integrity – "Righteousness guards him whose way is blameless, but sin overthrows the wicked" (Proverbs 13:6). The Greek words <i>alētheia</i> and <i>alēthes</i> are translated as "integrity" in the New Testament and mean "truth or the state of being true." Jesus is referred to as a man of integrity because He lived wholly in accordance with God's complete truth. In Mark 12:14, the Gospel writer records, "They came to him and said, 'Teacher, we know you are a man of integrity. You aren't swayed by men, because you pay no attention to who they are; but you teach the way of God in accordance with the truth.'"</p> <p>A person of moral integrity is the same in the dark as in the light</p> <ul style="list-style-type: none"> — without contradictory thoughts, words and actions. — not pretending to have virtues or qualities that are really not present in the heart (hypocrisy) (Matthew 23:28) — not focusing on temporal gain but on growing in godly character (Psalm 15) <p>A person of moral integrity is one who ...</p> <ul style="list-style-type: none"> — does what is right speaking the truth in love — does not falsely accuse another or harm a neighbor — does not gossip and keeps his or her promises — despises evil men and honors those who love the Lord <p>To have moral integrity is to be undivided and consistent in your mind, will, and emotions regarding what is right and wrong. To be consistent though, you, must align yourself to the unwavering character of God.</p>		
<p>Attitude Requirements to Master Tang Soo Do: 2. Serious Approach. Tang Soo Do is a Martial application as well as a whole person development system. The martial application carries risk, so a serious approach in necessary to keep our training partners and ourselves safe while we practice and learn.</p>		

Weekly Challenge					
ACTIVITY	SETS	REPS	BODY TARGET	REPEAT	NOTES
Pushups	?	50	Core/Upper	Daily	In addition to any other workout: Complete the Reps in as many sets as you need. You may spread this through out the day too. Extra Credit if you can do it all in one go.
Sit Ups	?	50	Core	Daily	
Burpees with Jump	?	50	Total	Daily	
Apollo-Workout	5 to 7	///	Full Body	M/W/F	In addition to your martial art workout.
Rocket Fuel	5 to 7	///	Full Body	T/R	In addition to your martial art workout.
Hyungs and One Steps	5 to 7	///	Full Body	Sat	Complete all your Forms and One Steps

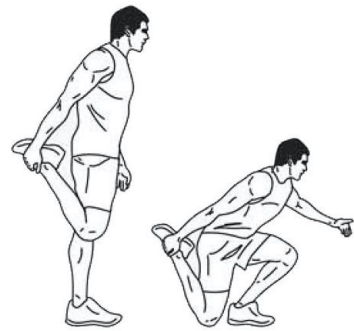
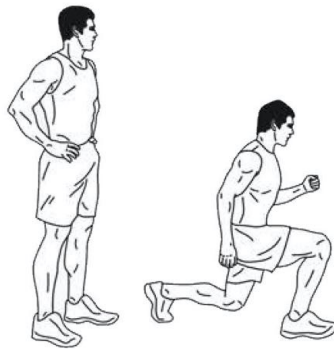
APOLLO

DAREBEE WORKOUT @ darebee.com

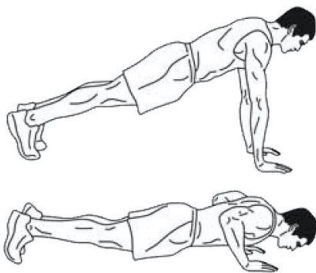
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



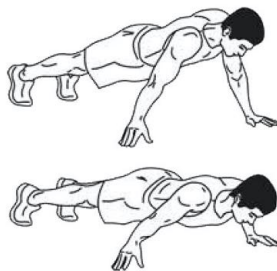
10 combos split squat - into -forward lunge



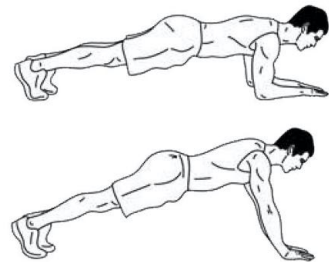
6 shrimp squats



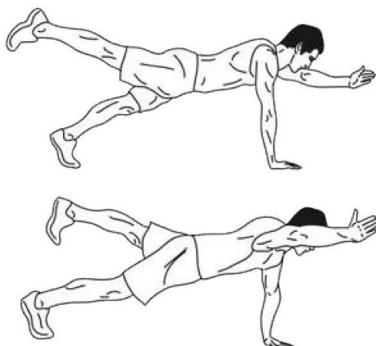
10 push-ups



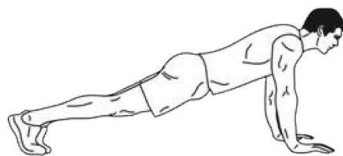
6 archer push-ups



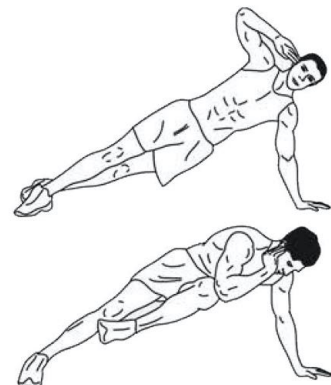
4 tricep extensions



10 alt arm/leg raises



10sec plank hold



10 side plank knee-to-elbow

Complete a 1/4 mile Run After Each Set



Rocket Fuel

FOCUS

Full Body

TYPE

HIIT

High Intensity
Interval Training

DIFFICULTY



DAREBEE **HIIT** WORKOUT @ darebee.com

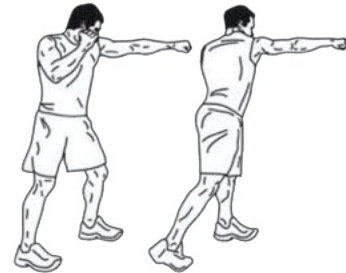
Level I 3 rounds **Level II** 5 rounds **Level III** 7 rounds
2 minutes rest between rounds



20sec high knees



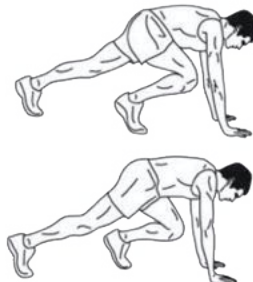
20sec side kicks



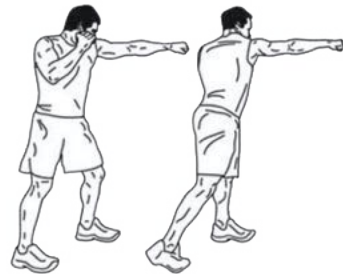
20sec punches



20sec high knees



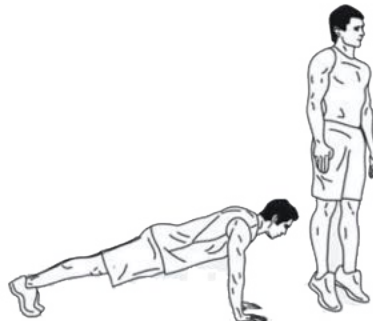
20sec climbers



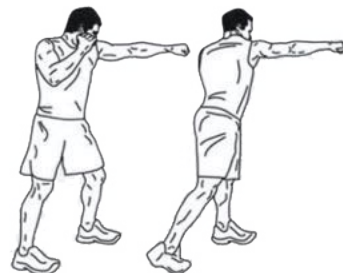
20sec punches



20sec high knees



20sec basic burpees



20sec punches