

# SOAR TSD Class Workout

Week of 11-Nov-19



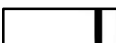










## Weekly Focus: Il Soo Sik Jok Ki Dae Ryun







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	None	Sit & Flutter, PU, Rev Abs, PU, Over/Under, PU
Bahl/Yup Poto Oly Ki	1	5/5	Legs/Hips	None	Swing leg twice (1 Ahp & 1 Yup) for each count. Trun the hips!
Basic Kicking (w/ Squats)	1	5/5	Total	None	Squat First; Front, Side, Round, O/I & I/O Crescent, 180 Back
Pahl Put Ki, moving in Chun Kul Jah Se	1	10	Upper	None	Kong Kyuck, Ha Dan Mahk Ki, Ahneso Phaku Ro Mahk Ki, Phakeso Ahnu Ro Mahk Ki, Sang Dan Mahk Ki
Stretching	-	-	Total	None	Legs, Abs, Shoulders, Neck, Arms

TECHNICAL	
ACTIVITY	
<b>Attitude Requirements to Master Tang Soo Do: 4. Maintain regular and constant practice.</b> Consistency is key. Consistency is necessary for every aspect of our lives whether its martial arts, academics, or learning a language. Create the routine to build the muscle memory.	
<b>Types of Kicking:</b> <u>Consecutive kicking</u> (multiple kicks with the same leg) <u>Combination kicking</u> (multiple kicks with both legs)	
<b>Hyung Interpretation Principles: 4. Nerve strikes are extra credit.</b> Although dim mak has a place in Tang Soo Do, it is beyond the scope of this writing. Suffice it to say, understanding the vital points for nerve strikes is extremely useful; they do not work on everyone. The effectiveness of a nerve strike depends greatly on the mental condition and health of an individual. The Tang Soo Do practitioner should never rely solely on a nerve strike attack against a determined opponent, but rather consider them extra credit in combination with some other soft or hard tissue attack.	
<b>Foot Position</b>	Pointed (Instep: <b>Bahl Doong</b> ) Flexed (Heel: <b>Dwi Gum Chi</b> / Blade: <b>Chok Do</b> ) Plexed (Ball of Foot: <b>Ahp Kup</b> )
<b>Hand Position</b>	Fist: <b>Chu Mok</b> (Fore: <b>Jung Kwon</b> / Back: <b>Kap Kwon</b> / Hammer: <b>Kwon Do</b> ) Knife Hand <b>Soo Do</b> , Ridge Hand <b>Yuk Soo Do</b> Palm Heel <b>Jang Kwon</b> , Finger Tips <b>Kwan Soo</b>

Cha Gi & Kong Kyuck combinations / Moving down the floor					Bold = Advanced
ACTIVITY	JA SEH	SETS	REPS	BODY TARGET	
Phakeso Ahnu Ro Cha Ki (Moving - Advanced: Jab, Cross, Kick)	Hu Kul	2	10	Legs / Hips / Abs	
Ahneso Phaku Ro Cha Ki (Moving - Advanced: Jab, Cross, Kick)	Hu Kul	2	10	Legs / Hips / Abs	
Ahp Cha Gi (Moving - Advanced: Kick, Bandae Jirugi)	Chun Kul	2	10	Legs / Hips / Abs	
Yup Cha Gi (Moving - Advanced: Kick, Kap Kwon)	Hu Kul	2	10	Legs / Hips / Abs	
Tollyo Cha Gi (Moving - Advanced: Low/High, High/Low)	Hu Kul	2	10	Legs / Hips	
Dwi Tollyo Cha Ki (Moving - Advanced: Kick, Bandae Jirugi)	Hu Kul	2	10	Legs / Hips / Abs	
Bit Cha Gi (Moving - Advanced: Kick, Ssang Soo Mahk Ki)	Chun Kul	2	10	Legs / Hips / Abs	
Yup Hu Ryo Cha Ki (Moving - Adv: consecutive Tollyo Cha Ki)	Hu Kul	2	10	Legs / Hips	
Dwi Hu Ryo Cha Ki (Moving - Adv: consecutive Tollyo Cha Ki)	Hu Kul	2	10	Legs / Hips	
Cchick Ki (Moving - Advanced: Deah Cha Ki)	Hu Kul	2	10	Legs / Hips	
WATER		WATER	WATER	WATER	WATER

HYUNGS Links to videos for each Hyung can be found under "Student Study Materials"					
OPEN HAND	OPEN HAND	WEAPON	BELT	GUP	NOTES
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

Kicking One Steps / Sparring			
Activity		NOTES	
Il Soo Sik Dae Ryun Jok Ki 1-2		<b>9th Gup (Sr. White)</b> 1. The FRONT      2. SIDE of the king	
Il Soo Sik Dae Ryun Jok Ki 3-4		<b>8th Gup (Orange)</b> 3. is ROUND      4. Slam the Door	
Il Soo Sik Dae Ryun Jok Ki 5-6		<b>7th Gup (Sr. Orang)</b> 5. Slide to the Side      6. Duck and Round <b>Left Side: 1-6</b>	
Il Soo Sik Dae Ryun Jok Ki 7-8		<b>6th Gup (Green)</b> 7. Sparta!      8. Ate my Roundhouse	
Il Soo Sik Dae Ryun Jok Ki 9-10		<b>5th Gup (Sr. Green)</b> 9. Through the Spine      10. Outside and Hook <b>Left Side: 1-10</b>	
Il Soo Sik Dae Ryun Jok Ki 11-12		<b>4th Gup (Brown)</b> 11. Air–Around the World      12. Fire–Strike the Match	
Il Soo Sik Dae Ryun Jok Ki 13-14		<b>3rd Gup (Sr. Brown)</b> 13. Earth–Up and Round      14. Earth–Front, Up & Round <b>Left Side: 1-14</b>	
Il Soo Sik Dae Ryun Jok Ki 15-16		<b>2nd Gup (Red)</b> 15. Air–Out and Round      16. Wolverine	
Il Soo Sik Dae Ryun Jok Ki 17-18		<b>1st Gup (Sr. Red)</b> 17. Spin and Hook.      18. Spin Hook & Slap <b>Left Side: 1-18</b>	
Il Soo Sik Dae Ryun Jok Ki 19-20		<b>Cho Dan Bo (Blue)/Cho Dan (1st Deg)</b> 19. Catch and Release      20. Eat 'em Up (E Dan Ahp) <b>Left Side: 1-20</b>	
Il Soo Sik Dae Ryun Jok Ki 21-30		<b>E Dan (2nd Deg)</b> One steps 1-30 including Left Side	

Partner Sparring Focus Drills - Won-Hyung-Ui Dae-Ryun			
BELT	SETS	REPS	NOTES
Sr White 9th Gup	 1	5m	Jab, Cross, Front <b>Sang Dan Kong Kyuck, Bandae Jirugi, Ahp Cha Ki</b>
Sr Orange 7th Gup	 1	5m	Round, Jab, Cross <b>Tollyo Cha Ki, Sang Dan Kong Kyuck, Bandae Jirugi</b>
Sr Green 5th Gup	 1	5m	Low/High Round, Skip Side Kick, Side Punch from Horse stance <b>Ha Dan/Sang Dan Tollyo Cha Ki, Mirro Yup Cha Ki, Choong Dan Han Jin</b>
Sr Brown 3rd Gup	 1	5m	180 back kick, Cross, Jab, Back hook punch <b>Dwi Tollyo Cha Ki, Bandae Jirugi, Sang Dan Kong Kyuck, Gullgi Jirugi</b>
Sr Red 1st Gup	 1	5m	180 Hook Kick, Jump Switch Front Kick, Front punch, Sliding side kick <b>Dwi Hu Ryo Cha Ki, E Dan Ahp Cha Ki, Sang Dan Kong Kyuck, Mikulgi Yup Cha Ki</b>
Blue Cho Dan Bo	 1	5m	180 Rev Crescent kick, Tornado kick (Back leg crescent followed by 360 crescent), 180 Hook kick <b>Dwi Ahneso Phaku Ro Cha Ki, Doolgae Cha Ki, Dwi Hu Ryo Cha Ki</b>

TECHNICAL		
ACTIVITY	BODY TARGET	NOTES
Legs, Abs, Shoulders, Neck, Arms	Total	
<p><b>MAT CHAT – Perseverance</b> – The third code of Tang Soo Do. Like many things, the notion of friendship differs from country to country. In many Middle Eastern countries, people consider themselves “friends” the minute they meet, in some European countries, continuous contact is required in order to maintain friendship, and in the United States, both distances and caring are necessary for two people to be considered friends. Koreans place high value on trust and do not trust people unless they are affiliated in some way. Affiliation differs from person to person in Korea. Some people require that their friends belong to the same big organizations: company, school, church etc. Others consider that smaller organizations like clubs, cafes or housing can be considered as a common affiliation.</p> <p>Consider Proverbs 17:17, "A friend loves at all times, and a brother is born for adversity." Friendship is the basis of a relationship with the implied understanding of trust and dependability. A friend sticks with you when things are good and challenging. Still, when life becomes difficult, beyond your ability to handle on your own, those friends that stick by you become like family to you. Jesus said, "Greater love has no one than this, that someone lay down his life for his friends" (John 15:13). The very thing Jesus did for humanity to provide the way of reconciliation between God and man. True friendship is evidenced in our willingness to place the needs of others before our own.</p>		

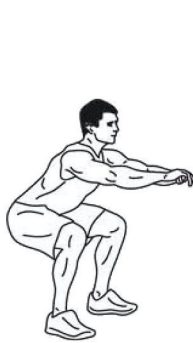


FOCUS	TYPE	DIFFICULTY
Full Body	Strength Tone	■■■■■

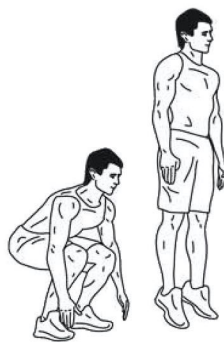
# DEFCON 1

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

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



**10-count** squat hold



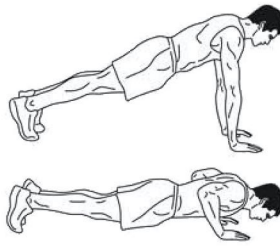
**10** jump squats



**10-count** squat hold



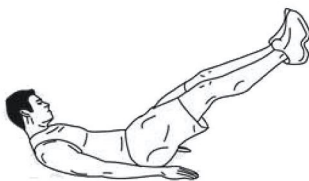
**10-count** push-up hold



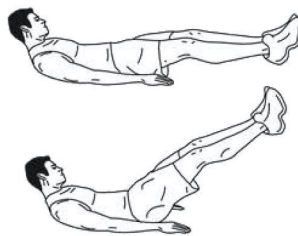
**10** push-ups



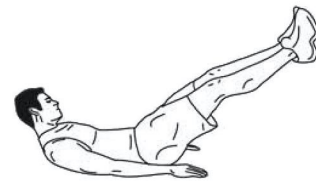
**10-count** push-up hold



**10-count** raised leg hold



**10** leg raises



**10-count** raised leg hold

# THE TAKEDOWN

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

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

1. Side Kicks
2. Front Kicks
3. Turning Kicks
4. I/O Crescent Kicks
5. Hook Kicks
6. Axe Kicks
7. Spinning Back Kicks

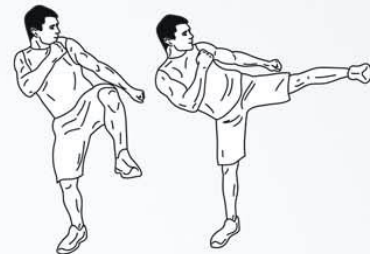


Back Leg

10 side kicks

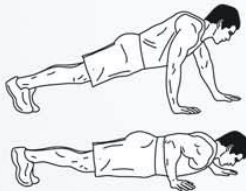


4 close grip push-ups

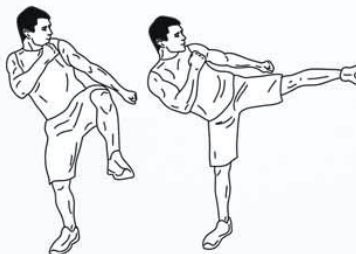


Front Leg

10 side kicks

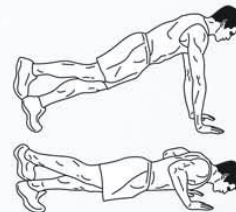


4 staggered push-ups

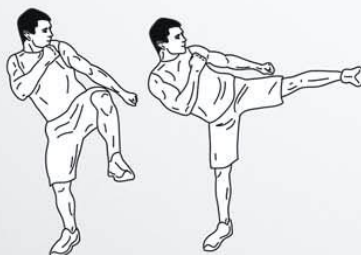


Move on the angle (Like #5)

10 side kicks

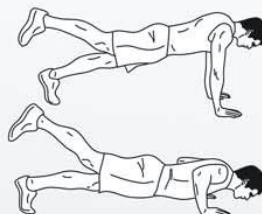


4 stacked push-ups

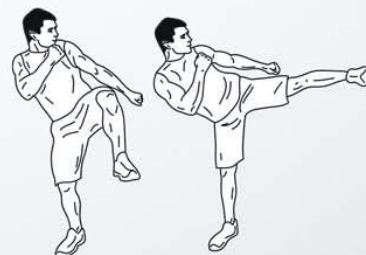


Pass on the Angle  
with a Choon Dan Soo Do Mahk Ki

10 side kicks



4 raised leg push-ups



Pass & Jump on the angle

10 side kicks