

SOAR TSD Class Workout

Week of 25-Nov-19



Weekly Focus: Il Soo Sik Soo 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	
Pahl Put Ki advancing in Chun Kul Jah Se	1	10	Upper w/ ChunKul	None	Kong Kyuck, Ha Dan Mahk Ki, Ahneso Phaku Ro Mahk Ki, Phakeso Ahnu Ro Mahk Ki, Sang Dan Mahk Ki, Sang Soo (L/M/H)
Basic Strikes (w/ Squats)	1	5/5	Total w/ Hu Kul	None	Jb/Cr, Soo Do KK, Yuk Soo Do KK, Back/Hook, Soo Do MK (L/M/H)
Stretching	-	-	Total	None	Legs, Abs, Shoulders, Neck, Arms

TECHNICAL

ACTIVITY

Hyung Interpretation Principles: 6. Techniques must work at full speed and power.

The practice of the hyung is to achieve complete mastery of all body movement. Real violence and self defense are another matter; they are messy, fast, sloppy and brutal thus working with the adrenaline rush. The goal of body movement mastery makes real violence far more manageable enabling the practitioner to exert all possible power to end the aggression quickly while not allowing perfection in the moment to become the enemy of good enough.

Hand Position Fist: **Chu Mok** (Fore: **Jung Kwon**/ Back: **Kap Kwon**/ Hammer: **Kwon Do**)

Knife Hand **Soo Do**, Ridge Hand **Yuk Soo Do**



Palm Heel **Jang Kwon**, Finger Tips **Kwan Soo**

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					

Hands One Steps / Sparring

Activity	NOTES
Il Soo Sik Dae Ryun Jok Ki 1-2	9th Gup (Sr. White) 1. One Elbow 2. Two Elbows
Il Soo Sik Dae Ryun Jok Ki 3-4	8th Gup (Orange) 3. Chop the Tree 4. Shut the Door
Il Soo Sik Dae Ryun Jok Ki 5-6	7th Gup (Sr. Orang) 5. Five-Oh 6. Breaking Sticks Left Side: 1-6
Il Soo Sik Dae Ryun Jok Ki 7-8	6th Gup (Green) 7. Five but Open 8. Ate my Elbow
Il Soo Sik Dae Ryun Jok Ki 9-10	5th Gup (Sr. Green) 9. Down the Line 10. Punch and Five Again Left Side: 1-10
Il Soo Sik Dae Ryun Jok Ki 11-12	4th Gup (Brown) 11. Knee to Heaven 12. Head on a Shelf
Il Soo Sik Dae Ryun Jok Ki 13-14	3rd Gup (Sr. Brown) 13. Three and Three Again 14. Eleven to the Floor Left Side: 1-14
Il Soo Sik Dae Ryun Jok Ki 15-16	2nd Gup (Red) 15. Close Lion 16. Strike the Spline
Il Soo Sik Dae Ryun Jok Ki 17-18	1st Gup (Sr. Red) 17. Three Stooges 18. Chinny Chin Chin Left Side: 1-18

Il Soo Sik Dae Ryun Jok Ki 19-20		Cho Dan Bo (Blue)/Cho Dan (1st Dan) 19. First Arm Bar 20. Elbow & Sword Throw Left Side: 1-20
Il Soo Sik Dae Ryun Jok Ki 21-30		E Dan (2nd Dan) One steps 1-30 including Left Side

TECHNICAL		
ACTIVITY	BODY TARGET	NOTES
Legs, Abs, Shoulders, Neck, Arms	Total	
<p>MAT CHAT – Respect and Obedience* – Obedience can be a difficult obligation, still there is great respect and humility in obedience. These are the virtues we are called to demonstrate to the world around us. The writer of the New Testament book of Hebrews said, “Have confidence in your leaders and submit to their authority, because they keep watch over you as those who must give an account. Do this so that their work will be a joy, not a burden, for that would be of no benefit to you” (Hebrews 13:17). Obedience has a double blessing. First, you make it easier for your leader, parent, teacher, etc. to accomplish his/her requirements. Second, because it is easier for that leader, he/she is more willing to work harder for you and be a greater benefit to you. We should always be praying that our leaders (parents, teachers, commanders) would grow in strength and wisdom, so that they can lead with competence and we can be led well. Finally, Edwin Cole, founder of the Christian Men’s Network, succinctly said it this way, “Obedience is an act of faith; disobedience is the result of unbelief.” Be people of faith. Trust in God that He has placed those in authority over us.</p> <p>Obedience is an act of faith and worship before God almighty. Jesus said, “If you love me, you will keep my</p> <p>Attitude Requirements to Master Tang Soo Do: 6. Regularly spaced practice sessions. ☐ Consistency is key to any endeavor. The old proverbs of a journey of a thousand miles begins with one step is apt here. To finish the journey, you must keep stepping forward. True in Tang Soo Do and life.</p>		