

## SOAR TSD Class Workout

## Week of 20-Jan-20

## 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/Core	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

**Moving in Circles or Straight Lines:** Through joint manipulation, you can force your opponent to move in a straight line or in a circular path. Number 5, Horse and Saddle, is an example of a straight line movement. After pinning the wrist and securing the elbow, you drive the arm up in a straight line into the shoulder forcing pressure into the elbow. Number 6, Belt, is a perfect example of a circular path, where you make a small circle while pinning the opponents arm and forcing your opponent to travel on a larger and longer circle just as fast as your are turning on you shorter and smaller circle. Know whether you are causing your opponent to move in a straight line or a circular path. Then, make those lines and paths more efficient. Practice and experiment, but be careful.

**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: 10. Always follow a routine and training schedule.** Self-discipline is essential for all tasks. When it's hot, when it's cold, when you're busy, when you're feeling lazy, stick to a schedule. Miyamoto Musashi said, you can only fight the way you practice.

**Hyung Interpretation Principles: 10. Don't forget to breathe. (Part 1)** Breathing is essential for life; no surprise there. For all types of athletes, correct breathing is essential for maximum efficiency of body mechanics. Muscles need oxygen to work properly. The runner learns to breathe with the rhythm of her steps. She maintains a steady and methodical breathing pattern. So does the swimmer, but the martial artist uses his body differently. Sudden explosive power is necessary and quickly followed by slow deliberate movement to control a situation. Because of the wide variety of arrhythmic body movements, the martial artist learns to breathe in different ways.

HYUNGS

Links to videos for each Hyung can be found under “Student Study Materials”

## Grabbing One Steps

Activity	NOTES
Il Soo Sik Dae Ryun Ho Sin Sul 1-2	 <b>9th Gup (Sr. White)</b> 1. Same Side      2. Oposite Side
Il Soo Sik Dae Ryun Ho Sin Sul 3-4	 <b>8th Gup (Orange)</b> 3. Snake in the Tree      4. Ride the Rainbow
Il Soo Sik Dae Ryun Ho Sin Sul 5-6	 <b>7th Gup (Sr. Orange)</b> 5. Horse and Saddle      6. Belt <b>Left Side: 1-6</b>
Il Soo Sik Dae Ryun Ho Sin Sul 7-8	 <b>6th Gup (Green)</b> 7. Scruff      8. Turning the Rainbow
Il Soo Sik Dae Ryun Ho Sin Sul 9-10	 <b>5th Gup (Sr. Green)</b> 9. Elbow Throw      10. Side Headlock <b>Left Side: 1-10</b>

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

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

<b>TECHNICAL</b>		
ACTIVITY	BODY TARGET	NOTES
Legs, Abs, Shoulders, Neck, Arms	Total	You can conduct closing Mat Chat while stretching
<b>MAT CHAT – Loyalty to Country</b> – Loyalty to Country – The first of the Five Codes of Tang Soo Do. Irrespective of whether one is a born citizen, or whether citizenship is gained later in life – having loyalty to country allows one to truly appreciate and love one's homeland.		
Rebellion and treachery against a just government have always led to crippled societies. This is because rebellion or acting against the state is a threat to the peace and security of a nation. Indeed, where internal rebellion or opposition occurs, then it fans the flames of external opposition and encourages outsiders to take advantage of the internal disorder. We have seen this happen throughout history causing the destabilization of nations. Hence, the consequences of disloyalty to one's nation can be far-reaching and extreme.		
It is important that this relationship is symbiotic and mutually respectful. Governments should put policies in place that establish and protect mutual respect. Any action that hurts the sentiments of others or causes any type of harm should be avoided.		
Hear the word of God through the Apostle Paul in Romans 13:1-7		
1 Let every person be subject to the governing authorities. For there is no authority except from God, and those that exist have been instituted by God. 2 Therefore whoever resists the authorities resists what God has appointed, and those who resist will incur judgment. 3 For rulers are not a terror to good conduct, but to bad. Would you have no fear of the one who is in authority? Then do what is good, and you will receive his approval, 4 for he is God's servant for your good. But if you do wrong, be afraid, for he does not bear the sword in vain. For he is the servant of God, an avenger who carries out God's wrath on the wrongdoer. 5 Therefore one must be in subjection, not only to avoid God's wrath but also for the sake of conscience. 6 For because of this you also pay taxes, for the authorities are ministers of God, attending to this very thing. 7 Pay to all what is owed to them: taxes to whom taxes are owed, revenue to whom revenue is owed, respect to whom respect is owed, honor to whom honor is owed.		