

# SOAR TSD Class Workout

Week of 27-Jan-20

## Weekly Focus: Hyungs / Won-Hyong Dae-Ryun



### WARM UP AND STRETCHING (CHOON BEE WOON DONG)

ACTIVITY	SETS	REPS	BODY TARGET	REPEAT	NOTES
Ab Routine	1	10 Reps	Core/Upper	ONCE	Sit & Flutter, PU, Rev Abs, PU, Over/Under, PU
Stretching Kicks	1	5/5	Legs/Hips		Front, Side, Crescent
Kicking	1	5/5	Legs/Hips		Front, Side, Round, and Hook Kick.
Stretching	-	-	Total	None	Legs, Abs, Shoulders, Neck, Arms

### Cha Gi & Kong Kyuck combinations / Moving down the floor **Bold = Advanced**

ACTIVITY	JA SHE	SETS	REPS	BODY TARGET
Chun Kul Ja Seh Choong Dan Kong Kyuck (Middle Punch Front Stance)	Chun Kul	1	2 lengths	Total
Choong Dan Hang Jin (Side Punch), <b>Ha Dan Soo Do Mahk Ki</b>	Kee Ma	1	2 lengths	Total
Hu Kul Ja Seh Yup Cha Ki (Fighting Stance Side Kick), <b>Kap Kwon</b>	Hu Kul	1	2 lengths	Total
<b>Deah Dwi Tollyo Cha Ki *advancing* (Jump Spinning Back Kick)</b>	Hu Kul	1	2 lengths	Total
<b>WATER</b>		<b>WATER</b>		<b>ONLY 60 SECONDS</b>
<b>WATER</b>		<b>WATER</b>		<b>WATER</b>

### TECHNICAL

ACTIVITY
<b>Attitude Requirements to Master Tang Soo Do:</b> 11. Repeatedly practice all techniques already learned. Just like any other skill or exercise, lack of practice dulls the senses and atrophies the muscles. You can always improve the technique. The goal is to be better than you were the day before.
<b>Hyung Interpretation Principles: 10. Don't forget to breathe. (Part 2)</b> The Tang Soo Do practitioner uses a short quick breath often combined with a yell, grunt, or kiap. The kiap accomplishes multiple tasks. It helps to focus the attack and counter-attack. When hit, the practitioner can yell to dispel the painful impact—it is the warrior's cry. The use of the short quick breath also constricts the abdomen firming the core of the body, which allows the kinetic energy generated in the legs to transfer more easily to the upper extremities. The practitioner who simply punches without a proper kiap and without constricting the abdomen is only punching with the shoulder and arm. The practitioner who breathes correctly, tightening the abdomen, and produces the natural kiap will more quickly learn how to use the legs (i.e. the stances) and connection to the ground to strengthen both a strike with the upper body as well as strikes with the legs. Slow deliberate breathing is also required when transitioning from one stance to another and when applying pressure for a joint lock, a throw, or a clinch. A slow intentional deep breath can also prepare the body and the mind for the explosive action about to occur. Hyungs are an essential tool in teaching the student how to breathe in different ways in concert with controlled predictable body movement. The astute instructor assists the student in making this connection between the hyungs and the dynamic application of tactics and techniques learned from the hyungs.

HYUNGS					
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	
<b>WATER</b>		<b>WATER</b>		<b>WATER</b>	<b>WATER</b>

### TECHNICAL

ACTIVITY	GUP	NOTES
Front Roll	All	Squatting, Standing, Walking, Diving, Running (as appropriate)
Back Roll	All	Squatting, Standing
Side Break Fall	All	Squatting, Standing
Back Break Fall	All	Squatting, Standing
Front Break Fall	All	Squatting, Standing

MAT CHAT		
ACTIVITY	BODY TARGET	NOTES
Legs, Abs, Shoulders, Neck, Arms	Total	
<b>MAT CHAT - Obedience to Parents</b> – In the code, “Parents” implies father, mother, teachers, elders, and instructors. It is respect for others, esteem, honor, and appreciation. In many ways this is a given, still this is a code that must be retaught regularly because of our inclination to to disobey and do our own thing (also known as sin). God commands us in Exodus 20:12 to “honor your father and your mother, that your days may be long in the land that the Lord your God is giving you.” This is the first of the 10 Commandments with a promise. The Apostle Paul picks up this theme in the letter to the Ephesians telling us to obey our parents because it is the right thing to do (Eph 6:1) and in the letter to Colossae, obedience pleases the Lord (Col 3:20). Adults, don’t dismiss this code believing it only applies to the youth. We have just as much a responsibility to those placed in authority over us. The code is a transferrable principle. Seek to show obedience through your attitude, your personal honor, and a desire to glorify God in your thoughts and actions.		