

SOAR TSD Class Workout

Week of 3-Feb-20



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	
Hyung Interpretation Principles: 12. Use both hands.	
Both hands are used simultaneously through the hyung in bilateral balance. A push and pull concept is often described to maximize body mechanics allowing the center of gravity to remain stable while the extremities move in orbit whether the practitioner is applying an offensive or defensive technique. John Kedrowski (The Lost Art of Tang Soo Do) makes the assumption that every two to five movements should place the practitioner in a superior position. Additionally, don't forget to pay attention to the hand that has pulled back to the ready position. That hand likely has something in it like an arm, leg, sleeve, or lapel. Sensei Victor Smith, 6th degree practitioner of Isshin Ryu karate, asserts, "the hand returning to chamber after a block simply slides down the arm to grab it and yank backwards, or locks an arm in place." Recognizing the ready-hand's role when learning to interpret and apply the hyung begins to open innumerable applications. The practitioner begins to see the depth of what is actually contained in the hyung. Moreover, this principle to use both hands exhorts the student to learn the techniques from the hyung on the typical right side as well as the left side creating a balanced Tang Soo Do practitioner.	
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 Lione 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	

MAT CHAT – Honor Friendship – 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.

Attitude Requirements to Master Tang Soo Do: 12. When you learn new techniques, learn thoroughly the theory and philosophy as well. Not only do you pay attention to the effects a new technique has on an opponent, you must also learn how you are moving your body. Then discover how that same body movement can be applied in myriad of situations. A low block can be a block, a throw, a capture, a strike, or a push. Learn thoroughly.