

SOAR TSD Class Workout

Week of 13-Apr-20

Weekly Focus: Hyungs



WARM UP AND STRETCHING (CHOON BEE WOON DONG)				
ACTIVITY	SETS	REPS	BODY TARGET	NOTES
Ab Routine	2	10 Reps	Core/Upper	Sit & Flutter, PU, Rev Abs, PU, Over/Under, PU
Stretching Kicks	2	5/5	Legs/Hips	Front, Side, Crescent
Kicking	2	5/5	Legs/Hips	Front, Side, Round, and Hook Kick.
Stretching	-	-	Total	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) Ha Dan Soo Do Mahk Ki	Kee Ma	1	2 lengths	Total
Hu Kul Ja Seh Yup Cha Ki (Fighting Stance Side Kick) Kap Kwon	Hu Kul	1	2 lengths	Total
Deah Dwi Tollyo Cha Ki *advancing* Jump Spinning Back Kick	Hu Kul	1	2 lengths	Total
<div> WATER WATER ONLY 60 SECONDS WATER WATER </div>				

TECHNICAL	
ACTIVITY DRILL	
Pick three section from your top hyung. Let each section be 5 to 10 moves. They may overlap. Practice those section slow and smooth two times and then with on the third. Repeat this series for each section two time total. When complete, go through your entire form at normal speed.	

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		Bong Hyung Il Bu		3	
Pyung Ahn Oh Dan		Bong Hyung Il Bu		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	
<div> WATER WATER WATER WATER WATER </div>					

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

MAT CHAT		
ACTIVITY	BODY TARGET	NOTES
Legs, Abs, Shoulders, Neck, Arms	Total	