

SOAR TSD Class Workout

7-Oct-19 | 10-Oct-19



Weekly Focus: Il Soo Sik Dae Ryun and Jok Ki

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	
Basic Kicking (w/ Squats)	1	5/5	Total	None	Front, Side, Round, O/I & I/O Crescent, 180 Back
Pahl Put Ki	1	10	Upper	None	Kong Kyuck, Ha Dan Mahk Ki, Ahneso Phaku Ro Mahk Ki, Phakeso Ahnu Ro Mahk Ki, Sang Dan Mahk Ki
Stretching	-	-	Total	None	Legs, Abs, Shoulders, Neck, Arms

TECHNICAL












ACTIVITY	
Focus of the Eyes: Shi Sun - Purpose and intent behind your techniques.	
Endurance: In Neh - The fact or power of enduring an unpleasant or difficult process or situation without giving way.	
Foot Position	Pointed (Instep: Bahl Doong)
	Flexed (Heel: Dwi Gum Chi / Blade: Chok Do)
	Plexed (Ball of Foot: Ahp Kup)
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

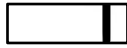





Cha Gi & Kong Kyuck combinations / Moving down the floor **Bold = Advanced**

ACTIVITY	JA SEH	SETS	REPS	BODY TARGET
Phakeso Ahnu Ro Cha Ki (Moving - Advanced: Jab, Cross, Kick)	Hu Kul	2	10	Legs / Hips / Abs
Ahneso Phaku Ro Cha Ki (Moving - Advanced: Jab, Cross, Kick)	Hu Kul	2	10	Legs / Hips / Abs
Ahp Cha Gi (Moving - Advanced: Kick, Bandae Jirugi)	Chun Kul	2	10	Legs / Hips / Abs
Yup Cha Gi (Moving - Advanced: Kick, Kap Kwon)	Hu Kul	2	10	Legs / Hips / Abs
Tollyo Cha Gi (Moving - Advanced: Low/High, High/Low)	Hu Kul	2	10	Legs / Hips
Dwi Tollyo Cha Ki (Moving - Advanced: Kick, Bandae Jirugi)	Hu Kul	2	10	Legs / Hips / Abs
Bi Cha Gi (Moving - Advanced: Kick, Ssang Soo Mahk Ki)	Chun Kul	2	10	Legs / Hips / Abs
Yup Hu Ryo Cha Ki (Moving - Adv: consecutive Tollyo Cha Ki)	Hu Kul	2	10	Legs / Hips
Dwi Hu Ryo Cha Ki (Moving - Adv: consecutive Tollyo Cha Ki)	Hu Kul	2	10	Legs / Hips
Cchick Ki (Moving - Advanced: Deah Cha Ki)	Hu Kul	2	10	Legs / Hips
WATER		WATER		WATER

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

Kicking One Steps / Sparring			
Activity		NOTES	
Il Soo Sik Dae Ryun Jok Ki 1-2		9th Gup (Sr. White) 1. The FRONT 2. SIDE of the king	
Il Soo Sik Dae Ryun Jok Ki 3-4		8th Gup (Orange) 3. is ROUND 4. Slam the Door	
Il Soo Sik Dae Ryun Jok Ki 5-6		7th Gup (Sr. Orange) 5. Slide to the Side 6. Duck and Round Left Side: 1-6	
Il Soo Sik Dae Ryun Jok Ki 7-8		6th Gup (Green) 7. Sparta! 8. Ate my Roundhouse	
Il Soo Sik Dae Ryun Jok Ki 9-10		5th Gup (Sr. Green) 9. Through the Spine 10. Outside and Hook Left Side: 1-10	
Il Soo Sik Dae Ryun Jok Ki 11-12		4th Gup (Brown) 11. Air-Around the World 12. Fire-Strike the Match	
Il Soo Sik Dae Ryun Jok Ki 13-14		3rd Gup (Sr. Brown) 13. Earth-Up and Round 14. Earth-Front, Up & Round Left Side: 1-14	
Il Soo Sik Dae Ryun Jok Ki 15-16		2nd Gup (Red) 15. Air-Out and Round 16. Wolverine	
Il Soo Sik Dae Ryun Jok Ki 17-18		1st Gup (Sr. Red) 17. Spin and Hook. 18. Spin Hook & Slap Left Side: 1-18	
Il Soo Sik Dae Ryun Jok Ki 19-20		Cho Dan Bo (Blue)/Cho Dan (1st Deg) 19. Catch and Release 20. Eat 'em Up (E Dan Ahp) Left Side: 1-20	
Il Soo Sik Dae Ryun Jok Ki 21-30		E Dan (2nd Deg) One steps 1-30 including Left Side	

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, Badae Jirugi, Ahp Cha Ki
Sr Orange 7th Gup		1	5m Round, Jab, Cross Tollyo Cha Ki, Sang Dan Kong Kyuck, Badae 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, Badae 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

TECHNICAL		
ACTIVITY	BODY TARGET	NOTES
Legs, Abs, Shoulders, Neck, Arms	Total	
<p>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.</p> <p>Consider Proverbs 17:17, A friend loves at all times, and a brother is born for adversity. Friendship is the basis of a relationship with the implied understanding of trust and dependability. A friend sticks with you when this are good and challenging. Still, when life becomes difficult, beyond your ability to handle on your own, those friends that stick by you become like family to you. Jesus said, Greater love has no one than this, that someone lay down his life for his friends (John 15:13). The very thing Jesus did for humanity to provide the way of reconciliation between God and man. True friendship is evidenced is our willingness to place the needs of others before our own.</p>		
<p>Attitude Requirements to Master Tang Soo Do: 13. When you begin to feel idle, try to overcome this. In what areas of your life are you feeling idle? Where are you not putting in the necessary effort? We all get tired, but it those who persevere who reap the rewards.</p>		