

SOAR TSD Class Workout

14-Oct-19 | 17-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	10/10	Legs/Hips	None	
Basic Kicking (w/ Squats)	1	10/10	Total	None	Front, Side, Round, O/I & I/O Crescent, 180 Back
Stretching	-	-	Total	None	Legs, Abs, Shoulders, Neck, Arms

TECHNICAL					
ACTIVITY					
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
Loading Blocks: Low, O/I & I/O Block, High Block, Knife Hand Guarding Block					

Cha Gi & Kong Kyuck combinations / Moving down the floor Bold = Advanced					
ACTIVITY	JA SEH	SETS	REPS	BODY TARGET	
6 Point Kick (Ahp, Bit, Tollyo, Yup, Yup Hu Ryo, Dwi Cha Ki)	Hu Kul	2	10	Legs / Hips / Abs	
Ahneso Phaku Ro Cha Ki (Advanced: Dwi Ee Dan)	Hu Kul	2	10	Legs / Hips / Abs	
Phakeso Ahnu Ro Cha Ki	Hu Kul	2	10	Legs / Hips / Abs	
Toronado Kick (Phakeso Ahnu Ro, Deah 360 Phakeso Ahnu Ro Cha Ki)	Hu Kul	2	10	Legs / Hips / Abs	
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	

Partner Sparring Focus Drills - Won-Hyung-Ui Dae-Ryun					
BELT	SETS	REPS	NOTES		
Sr White	1	5m	Jab, Cross, Front		
9th Gup			Sang Dan Kong Kyuck, Bandae Jirugi, Ahp Cha Ki		
Sr Orange	1	5m	Round, Jab, Cross		
7th Gup			Tollyo Cha Ki, Sang Dan Kong Kyuck, Bandae Jirugi		
Sr Green	1	5m	Low/High Round, Skip Side Kick, Side Punch from Horse stance		
5th Gup			Ha Dan/Sang Dan Tollyo Cha Ki, Mirro Yup Cha Ki, Choong Dan Han Jin		
Sr Brown	1	5m	180 back kick, Cross, Jab, Back hook punch		
3rd Gup			Dwi Tollyo Cha Ki, Bandae Jirugi, Sang Dan Kong Kyuck, Gullgi Jirugi		
Sr Red	1	5m	180 Hook Kick, Jump Switch Front Kick, Front punch, Sliding side kick		
1st Gup			Dwi Hu Ryo Cha Ki, E Dan Ahp Cha Ki, Sang Dan Kong Kyuck, Mikulgi Yup Cha Ki		
Blue	1	5m	180 Rev Crescent kick, Tornado kick (Back leg crescent followed by 360 crescent), 180 Hook kick		
Cho Dan Bo			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 – No Retreat in Battle – While the immediate meaning is likely clear, the word “battle” is significantly more. Primarily, “battle” refers to self-defense or non-consensual conflict. This may be a verbal or a physical altercation. Either way, we are to train in such a way that we do not retreat and have no need to retreat. That means studying and training for all possible circumstance to the best of our ability. When done so properly, our fifth code comes in to play: “In fighting choose with sense and honor” – more on that next week. In a more metaphorical sense, we are talking about determination, perseverance, duty, and courage. We all have our personal battles to fight in our jobs, in our relationships, and even in our character. We are challenged not to retreat from these personal battles, not to ignore the difficult, to keep pushing forward to attain our goals, and to become the people we were designed to be.</p> <p>James, in his New Testament letter to the church, addresses this very principle in dealing with our spiritual growth and our exposure to the Gospel. In chapter one verses 23–25, James writes, “For if anyone is a hearer of the word and not a doer, he is like a man who looks intently at his natural face in a mirror. For he looks at himself and goes away and at once forgets what he was like. But the one who looks into the perfect law, the law of liberty, and perseveres, being no hearer who forgets but a doer who acts, he will be blessed in his doing.”</p> <p>The one who heard and walked away is the one who retreated when faced with the glory of Christ in the Gospel. The one who is honorable, who courageously perseveres is the one who recognizes his/her deficiencies, and seeks to conform the image of the Son of God. This is part of the application to which Paul referred to when he said we can do all things through Christ who strengthens us (Philippians 4:13)</p>		
<p>Attitude Requirements to Master Tang Soo Do: 14. Cleanliness is required after training. Keep yourself and your surroundings clean. The obvious application is to keep your body, your home, your school or work place, and your dojang clean, but how else might you apply this to your life?</p>		