

# SOAR TSD Class Workout

Week of 18-Nov-19



## Weekly Focus: Looping 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	10/10	Legs/Hips	None	Consecutive Kicking Stretch
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					
<b>Loading Blocks: Low</b> (Shoulder to Hip), <b>O/I Block</b> (ear to center) & <b>I/O Block</b> (palms down, load on bottom), <b>High Block</b> (Watch to watch, load on top at hip with closed fists), <b>Knife Hand Guarding Block</b> (Watch to watch, load on top at hip with open hands).					
Pahl Put Ki, moving in Chun Kul Jah Se	1	10	Upper	None	Kong Kyuck, Ha Dan Mahk Ki, Ahneso Phaku Ro Mahk Ki, Phakeso Ahnu Ro Mahk Ki, Sang Dan Mahk Ki

Cha Gi & Kong Kyuck combinations / Moving down the floor <b>Bold = Advanced</b>					
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 <b>(Advanced: Dwi Ee Dan)</b>	Hu Kul	2	10	Legs / Hips / Abs	
Phakeso Ahnu Ro Cha Ki	Hu Kul	2	10	Legs / Hips / Abs	
Torano Kick (Phakeso Ahnu Ro, Deah 360 Phakeso Ahnu Ro Cha Ki)	Hu Kul	2	10	Legs / Hips / Abs	
<b>WATER</b>		<b>WATER</b>		<b>WATER</b>	

HYUNGS <b>Links to videos for each Hyung can be found under "Student Study Materials"</b>					
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>	

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

**TECHNICAL**

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

**MAT CHAT – Respect\* and Obedience** – Jesus said, “So whatever you wish that others would do to you, do also to them, for this is the Law and the Prophets” (Matthew 7:12). This verse is more widely known as the Golden Rule. Respect is a virtue celebrated in every culture; it is often placed alongside Honor. William Lyon Phelps illustrated respect in this manner, “This is the final test of a gentleman; his respect for those who can be of no possible service to him.” Being a person of respect is your responsibility and not the responsibility of the person you are showing respect to.

**Attitude Requirements to Master Tang Soo Do: 5. Practice basic techniques all the time.** Anything built needs a solid foundation. Basic techniques establish the foundation for Tang Soo Do. What are the basics of life? Consistently practicing the godly basics of life build a character that reflects Christ’s character.