

SOAR TSD Class Workout

Week of 16-Dec-19



Weekly Focus: Hyungs / Won-Hyong Dae-Ryun

WARM UP AND STRETCHING (CHOON BEE WOON DONG)					
ACTIVITY	SETS	REPS	BODY TARGET	REPEAT	NOTES
Ab Routine	1	10 Reps	Core/Upper	ONCE	Sit & Flutter, PU, Rev Abs, PU, Over/Under, PU
Stretching Kicks	1	5/5	Legs/Hips		Front, Side, Crescent
Kicking	1	5/5	Legs/Hips		Front, Side, Round, and Hook Kick.
Stretching	-	-	Total	None	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	
WATER		WATER		ONLY 60 SECONDS	
WATER		WATER		WATER	

TECHNICAL
ACTIVITY
Endurance: In Neh - The fact or power of enduring an unpleasant or difficult process or situation without giving way.
Attitude Requirements to Master Tang Soo Do: 8. Do not be overly ambitious. Push yourself to greater heights, but know when far enough is far enough. Listen to you body and rest when necessary. Set your goals and step to them bit by bit.
Hyung Interpretation Principles: 8. Deception is not real. Within the hyungs, and arguably within most other martial systems' forms, deception is not a tactical principle encompassed in the strategy. The hyungs were developed for individuals to defend themselves when an assailant attacks. A practitioner should never depend on deception in the midst of real violence. The deception exists before the physical confrontation knowing the martial artist has the ability to incapacitate the opponent yet de-escalates the interaction to avoid the fight altogether. In other words, if you are not there, you cannot get hit. Violence never happens in a vacuum. Each combatant has had a role in the escalation to real violence. If the battle has become unavoidable, move to the next principle.

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				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		WATER	

TECHNICAL		
ACTIVITY	GUP	NOTES
Front Roll	All	Squatting, Standing, Walking, Diving, Running (as appropriate)
Back Roll	All	Squatting, Standing
Side Break Fall	All	Squatting, Standing
Back Break Fall	All	Squatting, Standing
Front Break Fall	All	Squatting, Standing

MAT CHAT		
ACTIVITY	BODY TARGET	NOTES
Legs, Abs, Shoulders, Neck, Arms	Total	
<p>MAT CHAT - Humility: Charles Spurgeon said, "Humility is to make a right estimate of one's self. It is not humility for a man to think less of himself than he ought, though it might rather puzzle him to do that." There is humility in recognizing the gifts and talents God has innately placed in you and developed in you. Humility is to use the gifts and talents God has given you in service to others and for the glory of God. The psalmist wrote, "Great is our Lord, and abundant in power; his understanding is beyond measure. The LORD lifts up the humble; he casts the wicked to the ground" (Psalm 147:5-6). Jesus said in Matthew 20:28, "...the Son of Man came not to be served but to serve, and to give his life as a ransom for many." Go exercise the gifts and talents God gave you for the benefit of others and to bring glory to God in heaven. The Lord will lift you up.</p>		