

# SOAR TSD Class Workout

Week of 17-Feb-20



## 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 <b>Bold = Advanced</b>				
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) <b>Ma Dan Soo Do Mahk Ki</b>	Kee Ma	1	2 lengths	Total
Hu Kul Ja Seh Yup Cha Ki (Fighting Stance Side Kick) <b>Ma Kwon</b>	Hu Kul	1	2 lengths	Total
<b>Deah Dwi Tollyo Cha Ki *advancing* Jump Spinning Back Kick</b>	Hu Kul	1	2 lengths	Total
	<b>WATER</b>	<b>WATER</b>	<b>ONLY 60 SECONDS</b>	<b>WATER WATER</b>

TECHNICAL
ACTIVITY
Be conscious of your weight. Where are you pressing into the ground? Where else do you feel it in your body? How and when do you shift your weight to move? conscious of your weight.

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	
	<b>WATER</b>	<b>WATER</b>	<b>WATER</b>	<b>WATER</b>	<b>WATER</b>

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	

**MAT CHAT - In fighting choose with sense and honor** – Remember last week’s meditation? I talked about battle. What is the difference between “battle” and “fighting”? A Battle is a confrontation you did not agree to; it’s non-consensual, or something you would prefer not to engage. A “fight” is a consensual conflict like sparring or debate. The challenge is to maintain your self-control, humility, and respect during the “fight” – that’s fighting with sense and honor. As Paul instructed Timothy, “Fight the good fight of the faith. Take hold of the eternal life to which you were called and about which you made the good confession in the presence of many witnesses” (1 Timothy 6:12). You should be proud of your actions and reactions after the fact. Paul continued his exhortation to Timothy by saying, “I have fought the good fight, I have finished the race, I have kept the faith” (2 Timothy 4:7). Paul was content with the manner in which he lived, and at those points he was not, Paul rested in the Grace of Christ. There is a large bit of overlap between our fourth and fifth codes of Tang Soo Do, still I want you to understand the differences. Each of you will be forced into a variety of conflicts, either battles or fights, therefore you must decide now and practice how you will respond and engage. You will do without think that which you practice.

**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?

**Hyung Interpretation Principles: 1. There is more than one proper interpretation of any movement.**

“Do” in Tang Soo Do means “way or art.” Tang Soo Do is an art of body movement and mechanics. It is organic. The actual combat application derived from the hyung transcends the artificial construction of the form as a training tool. It becomes error to say there is only one sound application of a specific tactic found in a hyung. To limit the practitioner to a single application for a single movement within the hyung limits the growth of the student just as much as it limits the art itself. The practitioner is free to be creative with elements of the hyung, and creativity finds its fullness within a community of martial artists because of the variety of physical characteristics, body types, and mental and emotional approaches to combat. What works well for one person (i.e. the 215-pound semi-pro male athlete) may not work well for another student attempting to apply the interpretation in the same way (i.e. the 125-pound female teenager). On the other hand, the serendipitous discovery of a new interpretation and application might work even better than what was developed individually. This first principle requires an open mind.