

# SOAR TSD Class Workout

Week of 9-Mar-20



## Weekly Focus: Il Soo Sik Soo Ki 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	5/5	Legs/Hips	None	
Pahl Put Ki advancing in Chun Kul Jah Se	1	10	Upper w/ ChunKul	None	Kong Kyuck, Ha Dan Mahk Ki, Ahneso Phaku Ro Mahk Ki, Phakeso Ahnu Ro Mahk Ki, Sang Dan Mahk Ki, Sang Soo (L/M/H)
Basic Strikes (w/ Squats)	1	5/5	Total w/ Hu Kul	None	Jb/Cr, Soo Do KK, Yuk Soo Do KK, Back/Hook, Soo Do MK (L/M/H)
Stretching	-	-	Total	None	Legs, Abs, Shoulders, Neck, Arms

### SOAR Daily Training Challenge: Training hard.

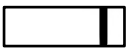






EXERCISE	REPS	NOTES
Pushups	50	Perform the traditional or change up the style. Try: Archers, Spiderman, Divebombers, or Hand Release PUs
Situps or Ab Routine	50	If you do the Ab Routine complete 10 Sit & Flutter, 13/13 Rev Abs, 14 Over/Under
Air Squats	50	Hold in your arms weight for greater challenge. Remember to keep your head up and your shoulders over your hips.
Planks (Low, Side, High, Low)	10 Mins	1 min low plank, 1 min each side, 1 minute high plank & 1 min low plank. Repeat once.
Jumping Jacks or Jump Rope	50	Challenge yourself by completing 4-count Jacks or performing Double unders for the Rope.

### TECHNICAL

**Hyung Interpretation Principles: 3. Strike to disrupt; disrupt to strike.** In a fight, the attacker is rarely going to stand in place like a punching bag or leave his arms dangling in mid-air to allow the practitioner unopposed application of his martial prowess. The martial artist needs to strike to disrupt the opponent's balance and gravity or disrupt the balance to deliver a solid strike. In his life's work, The Book of Five Rings, Miyamoto Musashi said, "whether fighting an enemy armed or unarmed, keep him on the defensive. Chase the enemy with your body and your spirit. This is excellent strategy. ... By constantly creating difficulties for the enemy, you will force him to deal with more than one thing, giving you the advantage." The Yu Dan Ja must develop the ability to simultaneously attack the feet, ankles, knees, head, and/or elbows just to disrupt the opponent so as to strike the vital core of the body. To accomplish this principle, the practitioner has a necessity to understand the component parts of the hyung work and how they might be combined simultaneously and in sequence. Practicing a hyung one hundred times in order to perform the shape of it is insufficient to gain the depth of understanding this principle and the previous one requires.

<b>Hand Positions</b>	Fist: <b>Chu Mok</b> (Fore: <b>Jung Kwon</b> / Back: <b>Kap Kwon</b> / Hammer: <b>Kwon Do</b> )
	Knife Hand <b>Soo Do</b> , Ridge Hand <b>Yuk Soo Do</b>
	Palm Heel <b>Jang Kwon</b> , Finger Tips <b>Kwan Soo</b>

### Hands One Steps / Sparring

Activity	NOTES
Il Soo Sik Dae Ryun Jok Ki 1-2	 <b>9th Gup (Sr. White)</b> 1. One Elbow                      2. Two Elbows
Il Soo Sik Dae Ryun Jok Ki 3-4	 <b>8th Gup (Orange)</b> 3. Chop the Tree                      4. Shut the Door
Il Soo Sik Dae Ryun Jok Ki 5-6	 <b>7th Gup (Sr. Orange)</b> 5. Five-Oh                      6. Breaking Sticks <b>Left Side: 1-6</b>
Il Soo Sik Dae Ryun Jok Ki 7-8	 <b>6th Gup (Green)</b> 7. Five but Open                      8. Ate my Elbow
Il Soo Sik Dae Ryun Jok Ki 9-10	 <b>5th Gup (Sr. Green)</b> 9. Down the Line                      10. Punch and Five Again <b>Left Side: 1-10</b>
Il Soo Sik Dae Ryun Jok Ki 11-12	 <b>4th Gup (Brown)</b> 11. Knee to Heaven                      12. Head on a Shelf
Il Soo Sik Dae Ryun Jok Ki 13-14	 <b>3rd Gup (Sr. Brown)</b> 13. Three and Three Again                      14. Eleven to the Floor <b>Left Side: 1-14</b>
Il Soo Sik Dae Ryun Jok Ki 15-16	 <b>2nd Gup (Red)</b> 15. Close Lione                      16. Strike the Spline
Il Soo Sik Dae Ryun Jok Ki 17-18	 <b>1st Gup (Sr. Red)</b> 17. Three Stooges                      18. Chinny Chin Chin <b>Left Side: 1-18</b>
Il Soo Sik Dae Ryun Jok Ki 19-20	 <b>Cho Dan Bo (Blue)/Cho Dan (1st Dan)</b> 19. First Arm Bar                      20. Elbow & Sword Throw <b>Left Side: 1-20</b>
Il Soo Sik Dae Ryun Jok Ki 21-30	 <b>E Dan (2nd Dan)</b> One steps 1-30 including 2-step and 3-step

## MAT CHAT

**Concentration** – Concentration is a lot of attention, thought, and focus directed to an activity or subject. This week's meditation is concentration. In Tang Soo Do, a great deal of concentration or focus to practice consistently, to try your best on every technique, and to receive correction. To be an expert in Tang Soo Do, you be able to concentrate keeping constant awareness of every tiny muscle in your body. The godly life also takes consistent concentration so that your life will glorify God. Deuteronomy 6 tells us how we practice this type of concentration.

4 "Hear, O Israel: The Lord our God, the Lord is one. 5 You shall love the Lord your God with all your heart and with all your soul and with all your might. 6 And the words that I command you today shall be on your heart. 7 You shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise. (Deut. 6:4–7)

**Attitude Requirements to Master Tang Soo Do: 2. Serious Approach** Tang Soo Do is a Martial application as well as a whole person development system. The martial application carries risk, so a serious approach is necessary to keep our training partners and ourselves safe while we practice and learn.