



SOAR TANG SOO DO

Your Attitude Determines Your Altitude - SOAR!

TANG SOO DO CONDITIONING

WEEK THEME: HO SIN SUL + LOOPING DRILL

SIDE 1: BEGINNER + INTERMEDIATE



EQUIPMENT: bodyweight | kettlebell | dumbbells | heavy bag | approved practice weapon

Rank sets technical content, not fitness load. Scale reps, load, and range to readiness.

BEGINNER

WHITE & ORANGE

Assigned Sae Kye Hyung. No required weapons hyung; supervised bong basics only.

DAY 1 | STRENGTH + GRIP



Build a stable base, sound posture, and controlled grip.

CIRCUIT

Move through squats, push-ups or DB floor presses, reverse lunges into Chun Kul Ja Seh, suitcase carries, and plank shoulder taps. Between rounds, do 5 slow hip switches per side and 10 wrist circles.

DOSE 2 rounds | 8 reps | 20 m carry | 75 sec rest

TANG SOO DO

Ho Sin Sul: 3 controlled entries per side. Assigned empty-hand hyung x2: one slow mechanics pass, one full-intent pass. Supervised bong basic lines x2; no weapons form is required.

FINISH / RESET

Horse stance 30 sec + towel-grip carry/hang 20 sec.

DAY 2 | ENDURANCE + TIMING



Maintain continuous movement without sacrificing clean technique.

CIRCUIT

Rotate through bag/shadow jab-cross, front and side kicks, your Looping Drill sequence, sprawl to technical stand-up, and fighting-stance footwork. Between rounds, add 10 ankle rocks and 10 shoulder circles.

DOSE 3 rounds | 30 sec/station | 60 sec rest

TANG SOO DO

Looping Drill: 2 smooth minutes with a partner; shadow if solo. Complete 2 ladders: empty-hand hyung -> bong basics -> empty-hand hyung.

FINISH / RESET

50 clean punches + 20 controlled kicks.

DAY 3 | STRENGTH + MOBILITY



Develop strength through a comfortable, controlled range.

CIRCUIT

Build strength through slow split squats, Cossack squats, shin-box get-ups, deep horse-stance shifts, and Turkish get-ups. Add 90/90 hip switches plus wrist and palm pulses between rounds.

DOSE 2 rounds | 8 reps/move | bodyweight

TANG SOO DO

Ho Sin Sul flow: escape -> control -> clear exit, 3 per side. Empty-hand hyung x2 at an easy pace; settle every stance. Supervised bong basics x2 with slow, safe arcs.

FINISH / RESET

2 minutes relaxed breathing + hip, ankle, shoulder, wrist mobility.

INTERMEDIATE

GREEN & BROWN

Assigned Pyung Ahn Hyung. Bong Hyung Il Bu for Brown Belt when assigned.

DAY 1 | STRENGTH + GRIP



Build stronger stances and grip endurance for controlled application.

CIRCUIT

Move through squats, push-ups or DB floor presses, reverse lunges into Chun Kul Ja Seh, suitcase carries, and plank shoulder taps. Between rounds, do 5 slow hip switches per side and 10 wrist circles.

DOSE 3 rounds | 10 reps | 30 m carry | 60 sec rest

TANG SOO DO

Ho Sin Sul: 5 entries per side, including the balance break. Assigned empty-hand hyung x2: one slow pass, one full-intent pass. Bong Hyung Il Bu or assigned bong lines x2.

FINISH / RESET

Horse stance 45 sec + towel-grip carry/hang 30 sec.

DAY 2 | ENDURANCE + TIMING



Connect attacks, defenses, and footwork through the Looping Drill.

CIRCUIT

Rotate through bag/shadow jab-cross, front and side kicks, your Looping Drill sequence, sprawl to technical stand-up, and fighting-stance footwork. Between rounds, add 10 ankle rocks and 10 shoulder circles.

DOSE 4 rounds | 40 sec/station | 45 sec rest

TANG SOO DO

Looping Drill: 3 smooth minutes with a partner; shadow if solo. Complete 3 ladders: empty-hand hyung -> assigned bong work -> empty-hand hyung.

FINISH / RESET

75 clean punches + 30 controlled kicks.

DAY 3 | STRENGTH + MOBILITY



Strengthen the ranges you need for deeper stances, smoother transitions, and leverage.

CIRCUIT

Build strength through slow split squats, Cossack squats, shin-box get-ups, deep horse-stance shifts, and Turkish get-ups. Add 90/90 hip switches plus wrist and palm pulses between rounds.

DOSE 3 rounds | 10 reps/move | light load as appropriate

TANG SOO DO

Ho Sin Sul flow: escape -> control -> clear exit, 5 per side. Assigned empty-hand hyung x2 at a smooth pace. Assigned bong form or basic line x2; control every grip change.

FINISH / RESET

2 minutes relaxed breathing + hip, ankle, shoulder, wrist mobility.

SAFETY: approved practice weapons and clear space only. Locks/throws require a qualified instructor, mats, and controlled resistance. Stop for sharp pain.



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TANG SOO DO CONDITIONING

WEEK THEME: HO SIN SUL + LOOPING DRILL

SIDE 2: ADVANCED + BLACK



EQUIPMENT: bodyweight | kettlebell | dumbbells | heavy bag | approved practice weapon

Rank sets technical content, not fitness load. Scale reps, load, and range to readiness.

ADVANCED

RED & CHO DAN BO

Assigned Bassai or Naihanchi Cho Dan. Bong Hyung Il Bu/E Bu as assigned.

DAY 1 | STRENGTH + GRIP



Build decisive structure without forcing the Ho Sin Sul technique.

CIRCUIT

Move through squats, push-ups or DB floor presses, reverse lunges into Chun Kul Ja Seh, suitcase carries, and plank shoulder taps. Between rounds, do 5 slow hip switches per side and 10 wrist circles.

DOSE 4 rounds | 12 reps | 40 m carry | 45 sec rest

TANG SOO DO

Ho Sin Sul: 8 entries per side plus one controlled follow-up. Assigned empty-hand hyung x2: one slow-tension pass, one full-intent pass. Assigned Bong Hyung x2; finish in a safe recovery position.

FINISH / RESET

Horse stance 60 sec + towel-grip carry/hang 45 sec.

DAY 2 | ENDURANCE + TIMING



Maintain timing, targeting, and clean transitions as fatigue builds.

CIRCUIT

Rotate through bag/shadow jab-cross, front and side kicks, your Looping Drill sequence, sprawl to technical stand-up, and fighting-stance footwork. Between rounds, add 10 ankle rocks and 10 shoulder circles.

DOSE 5 rounds | 45 sec/station | 30 sec rest

TANG SOO DO

Looping Drill: 5 smooth minutes while preserving distance and center. Complete 4 ladders: empty-hand hyung -> assigned weapon hyung -> empty-hand hyung.

FINISH / RESET

100 clean punches + 40 controlled kicks.

DAY 3 | STRENGTH + MOBILITY



Strengthen your usable range for better leverage, stance recovery, and weapon handling.

CIRCUIT

Build strength through slow split squats, Cossack squats, shin-box get-ups, deep horse-stance shifts, and Turkish get-ups. Add 90/90 hip switches plus wrist and palm pulses between rounds.

DOSE 3 rounds | 12 reps/move | moderate load as appropriate

TANG SOO DO

Ho Sin Sul flow: escape -> control -> clear exit, 8 per side. Assigned empty-hand hyung x2 with deliberate stance pauses. Assigned Bong Hyung x2; check every grip change and arc.

FINISH / RESET

2 minutes relaxed breathing + full hip, ankle, shoulder, wrist reset.

BLACK

ALL BLACK BELTS & MASTERS

Assigned Sip Soo, Naihanchi, Jin Do, Ro Hai, or Kong Sang Koon; assigned bong, Dan Gum, or Jang Gum hyung.

DAY 1 | STRENGTH + GRIP



Increase technical demand while preserving clean mechanics.

CIRCUIT

Move through squats, push-ups or DB floor presses, reverse lunges into Chun Kul Ja Seh, suitcase carries, and plank shoulder taps. Between rounds, do 5 slow hip switches per side and 10 wrist circles.

DOSE 3-5 rounds | 8-12 reps | 40 m carry | 45 sec rest | RPE 7-8

TANG SOO DO

Ho Sin Sul: 5-10 entries per side; vary grip, angle, or follow-up. Assigned empty-hand hyung x2: one analytical pass, one performance pass. Assigned weapon hyung x2 with precise grips, angles, and recovery.

FINISH / RESET

Horse stance 45-75 sec + grip carry/hang 30-60 sec.

DAY 2 | ENDURANCE + TIMING



Maintain tactical choices and clean form as output increases.

CIRCUIT

Rotate through bag/shadow jab-cross, front and side kicks, your Looping Drill sequence, sprawl to technical stand-up, and fighting-stance footwork. Between rounds, add 10 ankle rocks and 10 shoulder circles.

DOSE 4-6 rounds | 45 sec/station | 30 sec rest; scale impact

TANG SOO DO

Looping Drill: 5-8 minutes; change rhythm without losing control. Complete 4-6 ladders: empty-hand hyung -> weapon hyung -> empty-hand hyung.

FINISH / RESET

100-150 clean punches + 40-60 controlled kicks.

DAY 3 | STRENGTH + MOBILITY



Build strength through a controlled range for leverage and recovery.

CIRCUIT

Build strength through slow split squats, Cossack squats, shin-box get-ups, deep horse-stance shifts, and Turkish get-ups. Add 90/90 hip switches plus wrist and palm pulses between rounds.

DOSE 2-4 rounds | 8-12 reps/move | self-selected load

TANG SOO DO

Ho Sin Sul: 5-10 flows per side; teach back one correction. Assigned empty-hand hyung x2 with varied breath and tempo. Assigned weapon hyung x2; audit lines, grips, and safe arcs.

FINISH / RESET

2-4 minutes relaxed breathing + targeted joint mobility.

SAFETY: approved practice weapons and clear space only. Locks/throws require a qualified instructor, mats, and controlled resistance. Stop for sharp pain.