

TANG SOO DO CONDITIONING

SPARRING - DRILLS AND FREE SPAR



BEGINNER

White & Orange Belts

White: Jab - Cross - Front Kick | Orange: Roundhouse - Jab - Cross

Complete all 3 days outside class. Check each box when finished.

DAY 1 | STRENGTH + MOBILITY ☐

BUILD THE BASE

2 rounds. Rest 60-75 seconds between rounds.

- 8 air squats
- 6 incline or knee push-ups
- 8 reverse lunges per leg
- 20-second side plank per side

TANG SOO DO PRACTICE

Complete 3 x 60-second rounds of your assigned combination. Shadow spar or use a heavy bag. Finish every combination balanced, guarded, and ready to move.

MOVE BETTER

10 ankle rocks per side, 6 slow hip switches per side, then 20 seconds of relaxed shoulder circles.

FINISH: Hold a horse stance for 30 seconds, then deliver 20 controlled punches.

DAY 2 | ENDURANCE + MOBILITY ☐

KEEP MOVING

3 rounds. Work 30 seconds at each station. Rest 60 seconds after each round.

- March or jump rope
- Fighting-stance footwork
- Mountain climbers
- Lateral step and recover

TANG SOO DO PRACTICE

Complete 3 x 60-second shadow-sparring rounds. Move out, change angle, reset your guard, and answer with one clean counter. No partner contact at home.

MOVE BETTER

Stretch calves and hip flexors for 20 seconds per side, then complete 8 controlled arm sweeps.

FINISH: Shadow spar easily for 2 minutes. Stay relaxed and breathe through every reset.

DAY 3 | STRENGTH + MOBILITY ☐

CONTROL THE BODY

2 rounds. Move slowly enough to keep excellent posture.

- 6 split squats per leg
- 12 glute bridges
- 8 bird dogs per side
- 8 dead bugs per side

TANG SOO DO PRACTICE

Complete 5 sets of 20 seconds: footwork, assigned combination, controlled exit. Rest 40 seconds between sets.

MOVE BETTER

Complete 6 seated 90/90 hip switches per side, 8 thoracic rotations per side, and a 20-second hamstring stretch.

FINISH: Perform 10 front-kick chambers per leg. Hold balance for one count, then finish with 5 slow breaths.

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INTERMEDIATE

Green & Brown Belts

Practice the assigned Green or Brown Belt Looping Series

Complete all 3 days outside class. Check each box when finished.

DAY 1 | STRENGTH + MOBILITY ☐

BUILD USABLE STRENGTH

3 rounds. Rest 60 seconds between rounds.

- 10 goblet or air squats
- 10 push-ups or dumbbell floor presses
- 10 reverse lunges per leg
- 30-second suitcase carry per side

TANG SOO DO PRACTICE

Complete 4 x 75-second rounds of the assigned Looping Series. Shadow spar or use a heavy bag. Change angle and recover your stance after every sequence.

MOVE BETTER

10 ankle rocks per side, 8 hip switches per side, and 8 slow shoulder circles each way.

FINISH: Hold a horse stance for 45 seconds, then deliver 30 sharp punches without lifting the shoulders.

DAY 2 | ENDURANCE + MOBILITY ☐

SUSTAIN GOOD MOVEMENT

4 rounds. Work 40 seconds at each station. Rest 20 seconds between stations and 60 seconds after each round.

- Jump rope or fast march
- Shadow sparring
- Lateral movement and angle change
- Mountain climbers

TANG SOO DO PRACTICE

Complete 4 x 90-second rounds. Build a simple pattern: attack, defend, angle off, and reset. Use shadow practice or a heavy bag.

MOVE BETTER

Stretch calves, hip flexors, and chest for 25 seconds per side. Keep the breathing slow.

FINISH: Perform 20 controlled kicks, alternating legs, then shadow spar easily for 2 minutes.

DAY 3 | STRENGTH + MOBILITY ☐

STRENGTHEN THE CHAIN

3 rounds. Rest as needed to preserve form.

- 8 split squats per leg
- 10 single-leg bridges per side
- 10 one-arm rows per side or towel rows
- 25-second side plank per side

TANG SOO DO PRACTICE

Complete 6 sets: footwork, assigned Looping Series, one defensive action, then a clean exit. Work 30 seconds and rest 30 seconds.

MOVE BETTER

Complete 8 controlled 90/90 switches, 8 thoracic rotations per side, and a 25-second hamstring stretch per side.

FINISH: Complete 3 rounds of 20 seconds fast footwork and 40 seconds easy movement.

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ADVANCED

Red Belts & Cho Dan Bo

Practice the assigned Red Belt or Cho Dan Bo Looping Series

Complete all 3 days outside class. Check each box when finished.

DAY 1 | STRENGTH + MOBILITY ☐

BUILD STABLE POWER

4 rounds. Rest 60-75 seconds between rounds.

- 12 goblet or tempo squats
- 10 push-ups or dumbbell presses
- 10 reverse lunges per leg
- 40-second suitcase carry per side

TANG SOO DO PRACTICE

Complete 5 x 2-minute rounds. Apply the assigned series from a balanced guard. Vary the entry, angle, and exit while preserving control.

MOVE BETTER

Complete 10 ankle rocks, 8 hip switches, and 8 thoracic rotations per side.

FINISH: Hold a deep horse stance for 60 seconds, then deliver 40 precise punches.

DAY 2 | ENDURANCE + MOBILITY ☐

MAINTAIN TECHNICAL PACE

5 rounds. Work 45 seconds at each station. Rest 15 seconds between stations and 45 seconds after each round.

- Jump rope or fast march
- Shadow sparring or bag work
- Lateral and diagonal footwork
- Mountain climbers

TANG SOO DO PRACTICE

Complete 5 x 2-minute rounds. Give each round one goal: distance, countering, angle, combination flow, or recovery.

MOVE BETTER

Stretch calves, hip flexors, adductors, and chest for 25 seconds per side.

FINISH: Perform 30 controlled kicks, alternating legs, then move easily for 2 minutes.

DAY 3 | STRENGTH + MOBILITY ☐

STRENGTHEN SINGLE-LEG CONTROL

3 rounds at a moderate pace.

- 10 split squats per leg
- 10 single-leg deadlifts per leg
- 12 one-arm rows per side
- 30-second side plank per side

TANG SOO DO PRACTICE

Complete 8 sets: purposeful footwork, assigned series, defensive action, and controlled exit. Work 30 seconds and rest 30 seconds.

MOVE BETTER

Complete 8 slow 90/90 switches, 10 thoracic rotations per side, and a 30-second hamstring stretch per side.

FINISH: Complete 4 rounds of 20 seconds fast footwork and 40 seconds calm breathing.

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BLACK

All Black Belts & Masters

Integrate all learned Looping Series with tactical restraint and self-assessment

Complete all 3 days outside class. Check each box when finished.

DAY 1 | STRENGTH + MOBILITY ☐

BUILD TRANSFERABLE STRENGTH

Complete 3-5 rounds at RPE 7-8. Stop before technique degrades.

- 8-12 front or goblet squats
- 8-12 push-ups or dumbbell presses
- 8-12 reverse lunges per leg
- 45-second suitcase carry per side

TANG SOO DO PRACTICE

Complete 5 x 2-3 minute rounds. Integrate learned series while varying entry, rhythm, angle, and recovery. Shadow spar or use a heavy bag.

MOVE BETTER

Complete 10 ankle rocks, 8 hip switches, and 10 thoracic rotations per side.

FINISH: Hold a horse stance for 60-90 seconds, then deliver 50 precise punches.

DAY 2 | ENDURANCE + MOBILITY ☐

SUSTAIN DECISION QUALITY

Complete 5-6 rounds. Work 45 seconds at each station. Rest 15 seconds between stations and 45 seconds after each round.

- Jump rope or fast march
- Bag work or shadow sparring
- Multi-directional footwork
- Mountain climbers

TANG SOO DO PRACTICE

Complete 6 x 2-3 minute rounds with a changing constraint: lead-hand control, counter only, angle before attack, limited combinations, or recovery under fatigue.

MOVE BETTER

Stretch calves, hip flexors, adductors, and chest for 30 seconds per side.

FINISH: Move easily for 3 minutes. Lower the heart rate without losing posture.

DAY 3 | STRENGTH + MOBILITY ☐

TRAIN RESILIENT POSITIONS

Complete 3-4 rounds at RPE 7. Use the load that preserves clean mechanics.

- 8-12 split squats per leg
- 8-12 single-leg deadlifts per leg
- 10-15 one-arm rows per side
- 30-45 second side plank per side

TANG SOO DO PRACTICE

Complete 8-10 sets: footwork, selected series, defense, controlled exit, then one technical self-correction. Work 30 seconds and rest 30 seconds.

MOVE BETTER

Complete 10 slow 90/90 switches, 10 thoracic rotations per side, and a 30-second hamstring stretch per side.

FINISH: Walk and breathe for 4 minutes. Note one technical priority for the next class.