



TANG SOO DO CONDITIONING

FORMS (HYUNGS)



BEGINNER

White & Orange Belts

White: Sae Kye Hyung Il Bu | Orange: assigned Sae Kye Hyung through Sam Bu

Complete all 3 days. Check each box when finished.

DAY 1 | STRENGTH + MOBILITY ☐

BUILD THE STANCE

2 rounds. Rest 60 seconds between rounds.

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

TANG SOO DO PRACTICE

Assigned hyung x3: one slow map, one counted pass, one controlled full-intent pass.

MOVE BETTER

10 ankle rocks per side, 6 hip switches per side, and 8 shoulder circles each way.

RESET: Hold horse stance 30 seconds, then complete 5 slow breaths.

DAY 2 | ENDURANCE + MOBILITY ☐

MAINTAIN CLEAN MOVEMENT

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

- March or jump rope
- Step-and-slide footwork
- Mountain climbers
- Alternating front-kick chambers

TANG SOO DO PRACTICE

Perform the assigned hyung twice without stopping. Rest 60 seconds. Repeat once, correcting one sequence or direction error.

MOVE BETTER

Stretch calves and hip flexors 20 seconds per side, then complete 8 thoracic rotations.

RESET: Walk easily for 2 minutes while breathing through the nose.

DAY 3 | STRENGTH + MOBILITY ☐

CONTROL THE BODY

2 rounds. Use a pace that preserves posture.

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

TANG SOO DO PRACTICE

Choose one difficult form section. Complete 5 slow repetitions, then perform the full assigned hyung once.

MOVE BETTER

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

RESET: Finish in ready stance. Check posture, focus forward, and take 5 slow breaths.



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INTERMEDIATE

Green & Brown Belts

Assigned Pyung Ahn Hyung; 3rd Gup may add Bong Hyung Il Bu

Complete all 3 days. Check each box when finished.

DAY 1 | STRENGTH + MOBILITY ☐

BUILD STABLE POSITIONS

3 rounds. Rest 60 seconds between rounds.

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

TANG SOO DO PRACTICE

Assigned empty-hand hyung x3: slow mechanics, counted transitions, then controlled full intent.

MOVE BETTER

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

RESET: Hold horse stance 45 seconds, then complete 30 controlled punches.

DAY 2 | ENDURANCE + MOBILITY ☐

SUSTAIN FORM QUALITY

4 rounds. Work 40 seconds per station. Rest 20 seconds between stations and 60 seconds between rounds.

- Jump rope or fast march
- Lateral stance movement
- Mountain climbers
- Controlled kick chambers

TANG SOO DO PRACTICE

Perform the assigned hyung 3 times with 60 seconds rest. Keep stance length and technique height consistent under fatigue.

MOVE BETTER

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

RESET: Walk and breathe easily for 2 minutes.

DAY 3 | STRENGTH + MOBILITY ☐

STRENGTHEN TRANSITIONS

3 rounds. Rest as needed to preserve clean mechanics.

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

TANG SOO DO PRACTICE

Repeat one difficult section 6 times. Then perform the full assigned form once. 3rd Gup may use Bong Hyung Il Bu if assigned and space is safe.

MOVE BETTER

Complete 8 slow 90/90 switches and a 25-second hamstring stretch per side.

RESET: Write down one stance or transition to correct in class.



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ADVANCED

Red Belts & Cho Dan Bo

Assigned Pyung Ahn Oh Dan, Bassai, or Naihanchi Cho Dan; assigned Bong Hyung II/E Bu

Complete all 3 days. Check each box when finished.

DAY 1 | STRENGTH + MOBILITY ☐

BUILD CONTROLLED POWER

4 rounds. Rest 60-75 seconds between rounds.

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

TANG SOO DO PRACTICE

Assigned empty-hand hyung x4: slow, counted, performance, then one corrected performance.

MOVE BETTER

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

RESET: Hold deep horse stance 60 seconds, then deliver 40 precise punches.

DAY 2 | ENDURANCE + MOBILITY ☐

MAINTAIN TECHNIQUE UNDER FATIGUE

5 rounds. Work 45 seconds per station. Rest 15 seconds between stations and 45 seconds between rounds.

- Jump rope or fast march
- Multi-directional footwork
- Mountain climbers
- Controlled kick combinations

TANG SOO DO PRACTICE

Perform 4 form rounds with 60 seconds rest. Assign each round one goal: stance, chamber, rhythm, or finish.

MOVE BETTER

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

RESET: Move easily for 2 minutes and lower the heart rate.

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

Assigned weapon hyung x3 if space and weapon are approved: slow path, counted control, full performance. Otherwise use the assigned empty-hand hyung.

MOVE BETTER

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

RESET: Record one transition requiring instructor review.



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BLACK

All Black Belts & Masters

Assigned Dan empty-hand and weapon hyung from the current curriculum

Complete all 3 days. Check each box when finished.

DAY 1 | STRENGTH + MOBILITY ☐

BUILD TRANSFERABLE STRENGTH

3-5 rounds at RPE 7-8. Stop before mechanics degrade.

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

TANG SOO DO PRACTICE

Select one assigned empty-hand hyung. Complete slow analysis, counted mechanics, performance, and one self-corrected performance.

MOVE BETTER

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

RESET: Hold horse stance 60-90 seconds, then complete 50 precise punches.

DAY 2 | ENDURANCE + MOBILITY ☐

SUSTAIN DECISION QUALITY

5-6 rounds. Work 45 seconds per station. Rest 15 seconds between stations and 45 seconds between rounds.

- Jump rope or fast march
- Multi-directional stance work
- Mountain climbers
- Controlled kicking flow

TANG SOO DO PRACTICE

Complete 5 form rounds. Change the observation criterion each round: line, stance, breath, rhythm, application, or finish.

MOVE BETTER

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

RESET: Move easily for 3 minutes without losing posture.

DAY 3 | STRENGTH + MOBILITY ☐

TRAIN RESILIENT POSITIONS

3-4 rounds at RPE 7. Use the load that preserves technical quality.

- 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

Select one assigned weapon hyung. Complete 3 deliberate passes with full safety spacing. If no approved weapon or space is available, use empty-hand form analysis.

MOVE BETTER

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

RESET: Walk and breathe for 4 minutes. Record one technical priority for class.