



# TANG SOO DO CONDITIONING

ARMY COMBATIVES | SEPTEMBER 13-17, 2026



## BEGINNER

White & Orange Belts

Solo preparation: posture, base, hip movement, and safe floor-to-standing practice

Complete all 3 days. Check each box when finished.

### DAY 1 | STRENGTH + MOBILITY ☐

#### BUILD A STABLE BASE

2 rounds. Rest 60 seconds between rounds.

- 8 air squats
- 6 incline or knee push-ups
- 10 glute bridges
- 20-second front plank

#### COMBATIVES PREPARATION

Complete 5 controlled seated hip lifts per side. Practice only the floor-to-standing method Mr. Mendez teaches in class.

#### MOVE BETTER

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

**RESET:** Stand balanced and complete 5 slow breaths.

### DAY 2 | ENDURANCE + MOBILITY ☐

#### KEEP MOVING WITH CONTROL

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

- Fast march or jump rope
- Forward-backward stance movement
- Bear-position shoulder taps
- Alternating knee drives

#### COMBATIVES PREPARATION

Complete 4 rounds of 20 seconds of controlled hip movement on the floor, then stand safely and reset. No partner resistance.

#### MOVE BETTER

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

**RESET:** Walk easily for 2 minutes while breathing calmly.

### 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

#### COMBATIVES PREPARATION

Practice 5 slow transitions each side among seated, kneeling, and standing positions. Maintain balance and a protective hand position.

#### MOVE BETTER

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

**RESET:** Name one safety rule and one movement cue from class.



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## INTERMEDIATE

Green & Brown Belts

Solo preparation: posture, base, hip movement, and positional endurance

Complete all 3 days. Check each box when finished.

### DAY 1 | STRENGTH + MOBILITY ☐

#### BUILD CONTROLLED STRENGTH

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

#### COMBATIVES PREPARATION

Complete 6 controlled seated hip lifts and turns per side, then 5 instructor-taught floor-to-standing repetitions per side.

#### MOVE BETTER

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

**RESET:** Hold a balanced athletic stance for 45 seconds, then breathe slowly.

### DAY 2 | ENDURANCE + MOBILITY ☐

#### SUSTAIN USEFUL MOVEMENT

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

- Jump rope or fast march
- Multi-directional stance steps
- Mountain climbers
- Bear crawl forward and backward

#### COMBATIVES PREPARATION

Complete 4 solo rounds: 20 seconds hip movement, one controlled stand-up, then 20 seconds stance movement. Reset fully.

#### 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 mechanics.

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

#### COMBATIVES PREPARATION

Complete 6 slow transitions per side among back, seated, kneeling, and standing positions, using only methods taught in class.

#### MOVE BETTER

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

**RESET:** Record one posture or movement question for Mr. Mendez.



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## ADVANCED

Red Belts & Cho Dan Bo

Solo preparation: efficient base, transitions, and controlled work capacity

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

#### COMBATIVES PREPARATION

Complete 8 seated hip lifts and turns per side, then 6 floor-to-standing repetitions per side. Preserve posture and a protective hand position.

#### MOVE BETTER

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

**RESET:** Hold a low balanced stance for 60 seconds, then complete 5 slow breaths.

### DAY 2 | ENDURANCE + MOBILITY ☐

#### MAINTAIN CONTROL UNDER FATIGUE

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

- Jump rope or fast march
- Multi-directional stance movement
- Mountain climbers
- Bear crawl or elevated crawl

#### COMBATIVES PREPARATION

Complete 5 solo movement rounds: hip movement, controlled turn, safe stand-up, and stance reset. Use only instructor-taught mechanics.

#### 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

#### COMBATIVES PREPARATION

Perform 8 controlled ground-to-kneeling-to-standing transitions per side. Pause at each position to confirm base and balance.

#### MOVE BETTER

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

**RESET:** Record one efficiency or safety question for class.



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## BLACK

All Black Belts & Masters

Solo preparation with added coaching awareness and movement self-audit

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

#### COMBATIVES PREPARATION

Complete 8 controlled hip-movement repetitions and 6 floor-to-standing repetitions per side. Audit base, breathing, hand position, and awareness.

#### MOVE BETTER

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

**RESET:** Hold a stable athletic base for 60-90 seconds, then breathe slowly.

### DAY 2 | ENDURANCE + MOBILITY ☐

#### SUSTAIN DECISION QUALITY

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

- Jump rope or fast march
- Multi-directional stance work
- Mountain climbers
- Bear crawl or elevated crawl

#### COMBATIVES PREPARATION

Complete 5-6 solo movement chains using skills taught by Mr. Mendez: position, hip movement, safe stand-up, and balanced reset.

#### 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. Preserve 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

#### COMBATIVES PREPARATION

Perform 8 deliberate ground-to-standing transitions per side. After each repetition, identify one concise safety-centered coaching cue.

#### MOVE BETTER

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

**RESET:** Record one technical and one coaching priority for class.