



TANG SOO DO CONDITIONING

BEGINNER - White & Orange Belts

WEEK OF SEPTEMBER 20, 2026 | HO SIN SUL • WEAPONS • LOOPING DRILL



■ DAY 1 | STRENGTH + MOBILITY

- Warm up 4 minutes: wrist circles, shoulder rolls, hip openers, ankle rocks, and easy stance changes.
- 3 rounds: 8-12 squats, 6-10 incline or floor push-ups, 8 reverse lunges per side, and 20-second front plank.
- Solo Ho Sin Sul path: 5 slow releases per side using posture, elbow position, guard recovery, and a clear step to safety.
- Finish: 30 seconds each of wrist-flexor stretch, kneeling hip-flexor stretch, and supported deep squat.

FINISH: Technical review complete **RESET:** Breathe, hydrate, and record one cue for next time

■ DAY 2 | ENDURANCE + TIMING

- Complete 5 rounds of 60 seconds work and 30 seconds reset. Alternate brisk footwork with your assigned Beginner Looping Drill shadow pattern.
- Keep guard, distance, recoil, and balance. Use jab-cross-front-kick only if it matches your assigned pattern.
- No bag: shadow with full control. Bag available: use light, accurate contact and reset your stance after every combination.
- Finish with 6 slow trunk rotations per side and 30 seconds of calf mobility.

FINISH: Technical review complete **RESET:** Breathe, hydrate, and record one cue for next time

■ DAY 3 | STRENGTH + MOBILITY

- 3 rounds: 8 split squats per side, 10 backpack rows or prone arm sweeps, 12 glute bridges, and 6 controlled technical stand-ups per side.
- Weapon line practice: 3 x 60 seconds with an approved staff or empty hands. Rehearse grip, chamber, straight path, recoil, and safe set-down.
- Review one assigned Ho Sin Sul release and one Looping Drill sequence slowly. Stop before speed changes the technique.
- Finish: shoulder-wall slides, wrist mobility, and 45 seconds of relaxed breathing.

FINISH: Technical review complete **RESET:** Breathe, hydrate, and record one cue for next time



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INTERMEDIATE - Green & Brown Belts

WEEK OF SEPTEMBER 20, 2026 | HO SIN SUL • WEAPONS • LOOPING DRILL



■ DAY 1 | STRENGTH + MOBILITY

- Warm up 5 minutes with wrists, shoulders, trunk rotation, hips, ankles, and stance transitions.
- 4 rounds: 10 goblet or bodyweight squats, 8-12 push-ups, 10 hinge repetitions with dumbbell/kettlebell/backpack, and 20-second side plank per side.
- Solo Ho Sin Sul mechanics: 6 controlled entries per side. Green rehearses assigned escape paths; Brown rehearses assigned cumulative material without forcing range.
- Finish with wrist extension, hip flexor, hamstring, and thoracic rotation mobility.

FINISH: Technical review complete **RESET:** Breathe, hydrate, and record one cue for next time

■ DAY 2 | ENDURANCE + TIMING

- 6 rounds: 75 seconds work, 30 seconds reset. Alternate continuous footwork with the assigned Green or Brown Looping Drill shadow pattern.
- Preserve role-change rhythm, recoil, guard, and stable stance. A heavy bag may replace shadow targets; keep contact measured.
- Every second round, add 5 controlled sprawls or 8 fast step-backs only if alignment remains sound.
- Finish with ankle rocks, adductor mobility, and slow shoulder circles.

FINISH: Technical review complete **RESET:** Breathe, hydrate, and record one cue for next time

■ DAY 3 | STRENGTH + MOBILITY

- 3-4 rounds: 8 split squats per side, 10 one-arm rows per side, 10 single-leg bridges per side, and 8 dead bugs per side.
- Weapon practice: Green performs supervised staff-line fundamentals when appropriate; Brown performs only assigned staff material. Empty-hand shadow if no approved weapon or clear space.
- Complete 2 slow Ho Sin Sul pathway reviews and 2 smooth Looping Drill shadow rounds.
- Finish with shoulder-wall slides, wrist circles, and supported squat breathing.

FINISH: Technical review complete **RESET:** Breathe, hydrate, and record one cue for next time



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ADVANCED - Red Belts & Cho Dan Bo

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■ DAY 1 | STRENGTH + MOBILITY

- Warm up 5 minutes through wrists, shoulders, trunk, hips, knees, ankles, and controlled stance transitions.
- 4 rounds: 8-10 loaded squats, 8-12 push-ups, 10 hinges, 8 reverse lunges per side, and 25-second anti-rotation or side plank per side.
- Solo Ho Sin Sul flow: 8 entries per side with posture, off-line movement, controlled balance disruption, guard recovery, and disengagement.
- Finish with wrist, shoulder, hip-flexor, and adductor mobility.

FINISH: Technical review complete **RESET:** Breathe, hydrate, and record one cue for next time

■ DAY 2 | ENDURANCE + TIMING

- 6 rounds: 90 seconds work, 30 seconds reset. Shadow the assigned Advanced Looping Drill with deliberate distance changes and immediate recovery.
- Use a bag only for measured, technically clean combinations. Stop the round if guard, recoil, or balance deteriorates.
- Between rounds, complete 20 seconds of quick stance switches or lateral steps while keeping the head level.
- Finish with ankle mobility, trunk rotation, and relaxed breathing.

FINISH: Technical review complete **RESET:** Breathe, hydrate, and record one cue for next time

■ DAY 3 | STRENGTH + MOBILITY

- 4 rounds: 8 split squats per side, 10 rows per side, 8 single-leg hinges per side, 10 hollow-body or dead-bug repetitions, and 20-second bear hover.
- Weapon hyung: Red refines Bong Hyung Il Bu when assigned; Cho Dan Bo refines Bong Hyung E Bu. Use empty-hand tracing if space or equipment is unavailable.
- Complete one slow technical pass and one full-intent controlled pass. Then shadow one Ho Sin Sul-to-disengagement sequence.
- Finish with shoulder flexion, wrist extension, hip rotation, and calf mobility.

FINISH: Technical review complete **RESET:** Breathe, hydrate, and record one cue for next time



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BLACK - All Black Belts & Masters

WEEK OF SEPTEMBER 20, 2026 | HO SIN SUL • WEAPONS • LOOPING DRILL



■ DAY 1 | STRENGTH + MOBILITY

- Warm up 6 minutes with joint circles, loaded-range preparation, stance transitions, and controlled technical stand-ups.
- 4-5 rounds: 6-10 goblet/front squats, 8-12 push-ups or presses, 8-10 hinges, 8 rows per side, and 30-second suitcase carry or side plank per side.
- Solo Ho Sin Sul pathways: practice rank-assigned entries, transitions, and disengagements without joint pressure. Emphasize efficient base and line control.
- Finish with wrists, shoulders, thoracic rotation, hips, and ankles.

FINISH: Technical review complete **RESET:** Breathe, hydrate, and record one cue for next time

■ DAY 2 | ENDURANCE + TIMING

- 7 rounds: 90 seconds work, 30 seconds reset. Alternate advanced Looping Drill shadow work, lateral footwork, and measured bag combinations.
- Change tempo without changing mechanics. Maintain clear targets, recoil, guard, balance, and the ability to stop immediately.
- Every second round, add 20 seconds of carries, crawling, or fast stance changes scaled to readiness.
- Finish with trunk rotation, ankle rocks, and controlled nasal breathing.

FINISH: Technical review complete **RESET:** Breathe, hydrate, and record one cue for next time

■ DAY 3 | STRENGTH + MOBILITY

- 4 rounds: 8 rear-foot-supported split squats per side or regular split squats, 8-10 single-arm presses per side, 10 rows per side, 8 single-leg hinges per side, and 30-second anti-extension hold.
- Rank-assigned weapon hyung: one deliberate technical pass, one normal-tempo pass, and one section review. Empty-hand trace if an approved weapon or safe space is unavailable.
- Shadow 3 x 90 seconds linking controlled Ho Sin Sul entry, guarded exit, and Looping Drill movement. Do not simulate uncontrolled throws or locks.
- Finish with shoulder, wrist, hip, hamstring, and ankle mobility.

FINISH: Technical review complete **RESET:** Breathe, hydrate, and record one cue for next time