



TANG SOO DO CONDITIONING

SPARRING DRILLS AND FREE SPAR

WEEK OF SEPTEMBER 27, 2026



BEGINNER

White & Orange Belts

Scale physical load to readiness, not belt rank. Preserve guard, recoil, distance, and partner safety.

DAY 1 STRENGTH + MOBILITY

COMPLETE ☐

- 2-3 rounds: 8 chair squats, 6 incline push-ups, 8 reverse lunges total, 20-second plank.
- Mobility between rounds: ankle rocks, hip turns, and shoulder circles.
- Footwork strength: 4 x 20 seconds in guard—forward, back, left, right. Reset stance after every direction.
- Solo skill: 3 x 45-second shadow rounds. Jab or front kick only; recoil and exit.

FINISH: easy breathing + relaxed mobility

RESET: record one cue for next time

DAY 2 ENDURANCE + TIMING

COMPLETE ☐

- 6 rounds: 40 seconds brisk movement, 20 seconds easy recovery. Walk, march, step rope, or shadow.
- After each round: 3 controlled kick chambers per side with full recoil.
- Timing drill: use a timer beep as the cue to step, guard, touch an imaginary target, and exit.
- No partner contact. Keep enough pace to speak a short sentence.

FINISH: easy breathing + relaxed mobility

RESET: record one cue for next time

DAY 3 STRENGTH + MOBILITY

COMPLETE ☐

- 2-3 rounds: 8 split squats total, 8 wall push-ups, 10 glute bridges, 20-second side plank per side.
- Mobility: calf stretch, hip-flexor reach, trunk rotation, and wrist circles.
- Defense shadow: step off line, cover, recover guard, and create distance—5 each side.
- Finish: 2 x 1-minute technical shadow rounds. White Belts use non-contact work only.

FINISH: easy breathing + relaxed mobility

RESET: record one cue for next time



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INTERMEDIATE

Green & Brown Belts

Scale physical load to readiness, not belt rank. Preserve guard, recoil, distance, and partner safety.

DAY 1 STRENGTH + MOBILITY

COMPLETE ☐

- 3 rounds: 10 squats or goblet squats, 8 push-ups, 10 reverse lunges total, 25-second anti-extension hold.
- Mobility between rounds: ankle rocks, hip switches, thoracic rotations, shoulder circles.
- Footwork power: 5 x 20 seconds of angle step, enter, recoil, and exit.
- Solo skill: 3 x 1-minute constrained shadow rounds; two familiar attacks maximum.

FINISH: easy breathing + relaxed mobility

RESET: record one cue for next time

DAY 2 ENDURANCE + TIMING

COMPLETE ☐

- 8 rounds: 45 seconds work, 15 seconds easy movement. Alternate footwork and guarded shadow sparring.
- Use one audible cue to attack and a second cue to defend or exit.
- Bag option: measured combinations with complete recoil. Solo option: stop each strike short on an imagined target.
- Keep breathing steady and technique repeatable.

FINISH: easy breathing + relaxed mobility

RESET: record one cue for next time

DAY 3 STRENGTH + MOBILITY

COMPLETE ☐

- 3 rounds: 8 split squats per side, 10 rows or towel isometrics, 10 hip hinges, 25-second side plank per side.
- Mobility: calves, hip flexors, adductors, trunk rotation, and wrists.
- Defense-to-response shadow: one step off line, one block or cover, one controlled response, exit—5 each side.
- Finish: 3 x 1-minute rounds with a single tactical goal.

FINISH: easy breathing + relaxed mobility

RESET: record one cue for next time



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ADVANCED

Red Belts & Cho Dan Bo

Scale physical load to readiness, not belt rank. Preserve guard, recoil, distance, and partner safety.

DAY 1 STRENGTH + MOBILITY

COMPLETE ☐

- 3-4 rounds: 8 goblet squats, 8-12 push-ups, 8 rear-foot-supported split squats total, 30-second anti-extension hold.
- Mobility between rounds: ankle, hip, thoracic, and shoulder sequences.
- Explosive entry: 6 controlled angle-step entries per side; stabilize before the next repetition.
- Solo tactical rounds: 3 x 90 seconds using feint, entry, combination, and exit.

FINISH: easy breathing + relaxed mobility

RESET: record one cue for next time

DAY 2 ENDURANCE + TIMING

COMPLETE ☐

- 6 x 90-second shadow rounds with 30 seconds easy movement. Assign one theme to each round.
- Round themes: distance, lead-side attacks, defense-to-response, lateral exit, counter timing, composure.
- Bag option: measured contact and full recoil. Solo option: visualized partner with exact target height.
- Do not let speed erase stance, guard, or targeting.

FINISH: easy breathing + relaxed mobility

RESET: record one cue for next time

DAY 3 STRENGTH + MOBILITY

COMPLETE ☐

- 3 rounds: 8 single-leg hinges per side, 10 rows, 8 lateral lunges per side, 30-second side plank per side.
- Mobility: ankle dorsiflexion, hip rotation, adductors, thoracic rotation, and shoulders.
- Decision drill: random timer cue—attack, defend, or exit. Complete 12 clean decisions.
- Finish: 3 x 90-second rounds emphasizing ring position and balanced recovery.

FINISH: easy breathing + relaxed mobility

RESET: record one cue for next time



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BLACK

All Black Belts & Masters

Scale physical load to readiness, not belt rank. Preserve guard, recoil, distance, and partner safety.

DAY 1 STRENGTH + MOBILITY

COMPLETE ☐

- 4 rounds: 6-8 loaded squats, 8 push-ups or presses, 8 single-leg hinges total, 30-second anti-extension hold.
- Mobility between rounds: ankles, hips, thoracic spine, shoulders, and wrists.
- Entry precision: 8 angle entries per side with feint, stable landing, and immediate tactical exit.
- 3 x 2-minute solo rounds. Define one technical problem and one measurable correction.

FINISH: easy breathing + relaxed mobility

RESET: record one cue for next time

DAY 2 ENDURANCE + TIMING

COMPLETE ☐

- 5 x 2-minute shadow or bag rounds with 45 seconds active recovery.
- Themes: draw the response, intercept, counter on exit, manage boundary, recover under fatigue.
- Every combination must end with guard, angle, and visual awareness.
- Leadership: prepare one concise cue that helps a junior student control distance safely.

FINISH: easy breathing + relaxed mobility

RESET: record one cue for next time

DAY 3 STRENGTH + MOBILITY

COMPLETE ☐

- 4 rounds: 8 split squats per side, 8-12 rows, 10 hip hinges, 35-second side plank per side.
- Mobility: loaded ankle rocks, hip rotation, adductors, thoracic rotation, shoulders.
- Tactical decision set: 15 random cues with attack, defense, counter, or disengage options.
- Finish: 3 x 2-minute rounds; maintain technical economy and measured intent.

FINISH: easy breathing + relaxed mobility

RESET: record one cue for next time