



TANG SOO DO CONDITIONING

ONE-STEPS | SOO KI / JOK KI



BEGINNER

White & Orange Belts

White: non-contact foundations | Orange: assigned Soo Ki and Jok Ki one-steps 1-6

Complete all 3 days. Check each box when finished.

DAY 1 | STRENGTH + MOBILITY ☐

BUILD STABLE POSITIONS

2 rounds. Rest 60 seconds between rounds.

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

TANG SOO DO PRACTICE

White: 5 slow line-angle-counter-position rehearsals per side. Orange: assigned Soo Ki one-step x3 in the air. Keep the sequence controlled.

MOVE BETTER

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

RESET: Hold ready stance, check posture, and complete 5 slow breaths.

DAY 2 | ENDURANCE + MOBILITY ☐

MAINTAIN CLEAN MOVEMENT

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

- Fast march or jump rope
- Step-angle-reset footwork
- Mountain climbers
- Alternating kick chambers

TANG SOO DO PRACTICE

White: chamber, extend, recoil, and set down with balance. Orange: assigned Jok Ki one-step x3 in the air. Use a trained partner only for a predictable no-contact feed.

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

TANG SOO DO PRACTICE

Alternate one Soo Ki and one Jok Ki rehearsal for 4 total rounds. White uses the instructor-taught foundation. Orange uses assigned sequences. Shadow if solo.

MOVE BETTER

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

RESET: Name one distance or balance cue to use in class.



TANG SOO DO CONDITIONING

ONE-STEPS | SOO KI / JOK KI



INTERMEDIATE

Green & Brown Belts

Assigned cumulative Soo Ki and Jok Ki one-steps through the current range, 1-9 to 1-18

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

TANG SOO DO PRACTICE

Choose one assigned Soo Ki one-step. Rehearse x5 slowly, then x3 at controlled class pace. Mark the attack line and stopping distance.

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 TECHNICAL MOVEMENT

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

- Jump rope or fast march
- Angle-step and reset
- Mountain climbers
- Controlled kick-chamber flow

TANG SOO DO PRACTICE

Choose one assigned Jok Ki one-step. Complete 4 shadow rounds of 3 repetitions. Preserve guard, supporting-foot position, recoil, and balance.

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

TANG SOO DO PRACTICE

Alternate one assigned Soo Ki and one assigned Jok Ki one-step for 5 shadow rounds. If a trained partner is available, use predictable feeds and no contact.

MOVE BETTER

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

RESET: Record one sequence, distance, or recoil issue for class.



TANG SOO DO CONDITIONING

ONE-STEPS | SOO KI / JOK KI



ADVANCED

Red Belts & Cho Dan Bo

Assigned Soo Ki and Jok Ki one-steps through technique 20

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

Select two assigned Soo Ki one-steps. Complete slow analysis x3 each, then controlled shadow repetitions x3 each. Keep the counter on line.

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 CONTROL UNDER FATIGUE

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

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

TANG SOO DO PRACTICE

Select two assigned Jok Ki one-steps. Complete 4 shadow rounds. Assign each round one goal: distance, chamber, recoil, 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

Alternate assigned Soo Ki and Jok Ki one-steps for 6 shadow rounds. Use the opposite side only when assigned. A trained partner may give predictable no-contact feeds.

MOVE BETTER

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

RESET: Record one timing or distance question for class.



TANG SOO DO CONDITIONING

ONE-STEPS | SOO KI / JOK KI



BLACK

All Black Belts & Masters

Cho Dan: assigned 1-20 | E Dan and above: assigned Soo Ki and Jok Ki one-steps 1-30

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 two assigned Soo Ki one-steps needing refinement. Analyze line, entry, stance, counter path, and recovery. Complete 5 controlled shadow repetitions each.

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.

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

TANG SOO DO PRACTICE

Select two assigned Jok Ki one-steps. Complete 5 shadow rounds. Change one observation criterion each round: recognition, distance, chamber, recoil, 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. 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

TANG SOO DO PRACTICE

Alternate assigned Soo Ki and Jok Ki sequences for 6 rounds. Add approved two- or three-step material only if assigned. Use predictable no-contact feeds or shadow practice.

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.