



TANG SOO DO CONDITIONING

WEEK THEME: FORMS (HYUNGS)

BEGINNER — WHITE & ORANGE



Assigned Sae Kye Hyung. White: Il Bu; Orange: current rank assignment.

Technical level follows rank; physical load follows readiness.

EQUIPMENT OPTIONS: bodyweight • dumbbell/kettlebell • backpack • floor line • approved practice weapon only when assigned

DAY 1 | STRENGTH + MOBILITY

Stable stances and complete chambers



CIRCUIT

2–3 rounds: 8 squats; 6–10 incline push-ups; 6 supported reverse lunges/side; 6 dead bugs/side. Rest 60–90 sec.

MOBILITY

Between rounds: 8 ankle rocks/side and 5 slow hip switches/side.

TANG SOO DO

Assigned Sae Kye Hyung twice: one slow map pass and one counted mechanics pass. Stop and reset any uncertain turn.

SUBSTITUTION

No equipment required. Use a wall or chair for support and shorten range as needed.

FINISH / RESET

20-second front-stance hold/side, then 4 slow breaths.

DAY 2 | ENDURANCE + MOBILITY

Keep direction and posture while breathing



ENDURANCE

12–18 minutes: alternate 60 seconds brisk walk or march with 30 seconds easy pace.

MOBILITY

Every fourth interval: 8 shoulder circles and 6 controlled knee raises/side.

TANG SOO DO

Five rounds: 45 seconds stance-and-step line work, 30 seconds recovery. Then perform the assigned hyung twice at a smooth pace.

SOLO OPTION

Use a taped floor line; face the new direction with the eyes before settling the stance.

FINISH / RESET

Balance 20 seconds/side, then easy calf and hip stretch.

DAY 3 | STRENGTH + MOBILITY

Balance, trunk control, and a clean finish



CIRCUIT

2–3 rounds: 8 glute bridges; 6 split squats/side; 8 prone pull-downs or backpack rows; 15-second side plank/side.

MOBILITY

Between rounds: 5 open books/side and 8 wrist circles each way.

TANG SOO DO

Three-pass form cycle: slow for sequence, counted for mechanics, controlled performance for focus. Choose one correction.

SUBSTITUTION

Use bodyweight and a towel pull if no backpack or weights are available.

FINISH / RESET

Hold ready position for 3 breaths; bow and state the correction.

SAFETY: clear the training area; use controlled range; stop for sharp pain; use approved practice weapons only when assigned.



TANG SOO DO CONDITIONING

WEEK THEME: FORMS (HYUNGS)

INTERMEDIATE — GREEN & BROWN



Assigned Pyung Ahn Hyung. Bong Hyung Il Bu only for 3rd Gup when assigned.

Technical level follows rank; physical load follows readiness.

EQUIPMENT OPTIONS: bodyweight • dumbbell/kettlebell • backpack • floor line • approved practice weapon only when assigned

DAY 1 | STRENGTH + MOBILITY

Stronger turns and coordinated technique

CIRCUIT

3 rounds: 8 goblet or tempo squats; 8 push-ups; 8 one-arm rows/side; 6 reverse lunges/side. Rest 60–90 sec.
MOBILITY

Between rounds: 8 ankle rocks/side and 6 shin-box switches.
TANG SOO DO

Assigned Pyung Ahn Hyung: one slow section pass, one counted full pass, one smooth full pass. Check stance placement after every turn.
SUBSTITUTION

Bodyweight squat, incline push-up, and towel row/isometric pull if equipment is unavailable.
FINISH / RESET

30-second front-stance hold/side and 5 controlled breaths.

DAY 2 | ENDURANCE + MOBILITY

Preserve timing as fatigue rises

ENDURANCE

15–20 minutes: 90 seconds brisk work, 45 seconds easy. Walk, march, cycle, or shadow-step.
MOBILITY

Every third interval: 8 shoulder circles and 6 hip rotations/side.
TANG SOO DO

Form ladder: selected section twice, full assigned form once, then the section once more with the correction. Repeat 2–3 ladders.
SOLO OPTION

Use a floor line and self-check only one criterion per ladder.
FINISH / RESET

Easy walk 2 minutes; ankle and hip reset.

DAY 3 | STRENGTH + MOBILITY

Posture and recovery through transitions

CIRCUIT

3 rounds: 8 hip hinges or DB/KB RDLs; 6 split squats/side; 8 floor presses or push-ups; 20-second plank.
MOBILITY

Between rounds: 5 open books/side and 8 wrist/palm pulses.
TANG SOO DO

Three-pass assigned hyung cycle. If Bong Hyung Il Bu is assigned, substitute it for the final pass in a clear area.
SUBSTITUTION

Use bodyweight good mornings and a backpack or towel resistance as needed.
FINISH / RESET

30-second horse stance, then 4 slow breaths.

SAFETY: clear the training area; use controlled range; stop for sharp pain; use approved practice weapons only when assigned.



TANG SOO DO CONDITIONING

WEEK THEME: FORMS (HYUNGS)

ADVANCED — RED & CHO DAN BO



Assigned Pyung Ahn Oh Dan, Bassai, or Naihanchi Cho Dan; Bong Hyung only when assigned.

Technical level follows rank; physical load follows readiness.

EQUIPMENT OPTIONS: bodyweight • dumbbell/kettlebell • backpack • floor line • approved practice weapon only when assigned

DAY 1 | STRENGTH + MOBILITY

Control complex turns without rushing

CIRCUIT

3–4 rounds: 8 goblet/front squats; 8 push-ups; 8 rows/side; 6 lateral or reverse lunges/side. Rest 60–90 sec.
MOBILITY

Between rounds: 6 shin-box switches and 8 ankle rocks/side.
TANG SOO DO

Choose one difficult section. Practice direction alone, then stance placement, then full technique. Finish with two full assigned-form passes.
SUBSTITUTION

Use tempo bodyweight work and a towel isometric row when equipment is unavailable.
FINISH / RESET

45-second stance hold of choice; 5 deliberate breaths.

DAY 2 | ENDURANCE + MOBILITY

Maintain rhythm, focus, and balance

ENDURANCE

18–24 minutes: 2 minutes steady work, 1 minute easy. Walk/run, cycle, or shadow-step.
MOBILITY

At each easy interval: 6 controlled knee raises/side and 8 shoulder circles.
TANG SOO DO

Three rounds: assigned hyung at slow, test, and performance cadence. Rest enough to preserve accuracy. Repeat only learned, assigned forms.
SOLO OPTION

Record one pass if useful; review stance, path, and balance rather than appearance.
FINISH / RESET

Easy movement 2 minutes; hip and calf reset.

DAY 3 | STRENGTH + MOBILITY

Single-leg control and decisive finishes

CIRCUIT

3 rounds: 6 supported single-leg hinges/side; 8 floor presses; 6 lateral lunges/side; 20-second side plank/side.
MOBILITY

Between rounds: 5 open books/side and 8 wrist circles each way.
TANG SOO DO

Three-pass assigned form cycle with one criterion per pass. Assigned Bong Hyung may replace the middle pass in a clear training lane.
SUBSTITUTION

Use bodyweight, wall support, and towel resistance when no weights are available.
FINISH / RESET

Ready position, 4 slow breaths, then name the next correction.

SAFETY: clear the training area; use controlled range; stop for sharp pain; use approved practice weapons only when assigned.



TANG SOO DO CONDITIONING

WEEK THEME: FORMS (HYUNGS)

BLACK — BLACK BELTS & MASTERS



One assigned Dan empty-hand or weapon hyung chosen for deliberate refinement.

Technical level follows rank; physical load follows readiness.

EQUIPMENT OPTIONS: bodyweight • dumbbell/kettlebell • backpack • floor line • approved practice weapon only when assigned

DAY 1 | STRENGTH + MOBILITY

Build capacity without dulling precision

CIRCUIT

3–5 rounds: 6–10 squat or split-squat reps; 6–10 push reps; 8 hinge reps; 8 pull reps/side. Select load by readiness.

MOBILITY

Between rounds: 6 shin-box switches, 8 ankle rocks/side, and 5 thoracic rotations/side.
TANG SOO DO

One assigned Dan hyung: isolate the weakest section, rehearse it three ways, then complete two full passes with deliberate rhythm.

SUBSTITUTION

Use tempo bodyweight movements, a backpack, or isometric towel resistance.
FINISH / RESET

45-second stance hold and 5 controlled breaths.

DAY 2 | ENDURANCE + MOBILITY

Retain form quality under sustainable fatigue

ENDURANCE

20–25 minutes at conversational pace, or 6 rounds of 2 minutes steady / 1 minute easy.

MOBILITY

During easy periods: shoulder circles, hip rotations, and ankle rocks.
TANG SOO DO

Selected-form ladder: difficult section, complete form, then section again. Complete 3 ladders; self-audit one criterion each round.

COACHING LENS

Phrase the correction as one observable action another student could use.
FINISH / RESET

Easy walk 2 minutes; breathing returns to normal.

DAY 3 | STRENGTH + MOBILITY

Refine structure, application logic, and recovery

CIRCUIT

3–4 rounds: 6 split squats/side; 8 RDLs; 8 presses; 8 rows/side; 20–30 m suitcase carry/side.

MOBILITY

Between rounds: 5 open books/side, 6 hip switches, and wrist/palm pulses.
TANG SOO DO

Three-pass assigned hyung: mechanics, application intent, performance. Use an assigned weapon hyung only with a clear area and approved practice weapon.

SUBSTITUTION

Bodyweight hinge/split squat, push-up, towel row, and static suitcase hold.
FINISH / RESET

Write one personal correction and one coaching cue.

SAFETY: clear the training area; use controlled range; stop for sharp pain; use approved practice weapons only when assigned.