



TANG SOO DO CONDITIONING

WEEK THEME: ONE-STEPS (SOO KI / JOK KI)

BEGINNER — WHITE & ORANGE



Assigned introductory Soo Ki / Jok Ki • slow, solo rehearsal first

Technical level follows rank; physical load follows readiness.

EQUIPMENT OPTIONS: bodyweight • dumbbell/kettlebell • backpack • floor line • stationary bag/shield when appropriate

DAY 1 | STRENGTH + MOBILITY

Stance stability and guard



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 hip switches/side.

TANG SOO DO

On a floor line, rehearse: ready stance, measured feed line, off-line step, assigned block path, controlled counter path, reset. 5 slow reps/side.

SOLO SUBSTITUTE

No partner needed. Use a mirror or floor tape; stop every counter in empty space.

FINISH / RESET

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

DAY 2 | ENDURANCE + MOBILITY

Distance and balanced recovery



ENDURANCE

12–18 minutes: 60 seconds brisk walk or march, 30 seconds easy.

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. Add 5 slow kick chambers/side with guard and full recoil.

SOLO SUBSTITUTE

Use a wall or chair for balance; reduce kick height to keep the supporting foot and posture controlled.

FINISH / RESET

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

DAY 3 | STRENGTH + MOBILITY

Trunk control and clean stopping



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

Shadow one assigned Soo Ki and Jok Ki sequence: 3 construction reps, 3 smooth reps, 1 self-check rep per side.

SOLO SUBSTITUTE

Use only learned, assigned movements. No improvised partner contact outside supervised class.

FINISH / RESET

Ready position for 3 breaths; name one control cue.

SAFETY: clear the area; keep solo practice controlled; stop for sharp pain; partner work requires agreed limits and competent supervision.



TANG SOO DO CONDITIONING

WEEK THEME: ONE-STEPS (SOO KI / JOK KI)

INTERMEDIATE — GREEN & BROWN



Assigned rank Soo Ki / Jok Ki • angle, timing, chamber, recoil

Technical level follows rank; physical load follows readiness.

EQUIPMENT OPTIONS: bodyweight • dumbbell/kettlebell • backpack • floor line • stationary bag/shield when appropriate

DAY 1 | STRENGTH + MOBILITY

Stronger position changes

CIRCUIT

3 rounds: 8 goblet or tempo squats; 8 push-ups; 8 rows/side; 6 reverse lunges/side.

MOBILITY

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

TANG SOO DO

Floor-line drill: establish feed line, move to assigned angle, place stance, trace block and counter, reset. 6 deliberate reps/side.

SUBSTITUTION

Use bodyweight, incline push-ups, and a towel row/isometric pull.

FINISH / RESET

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

DAY 2 | ENDURANCE + MOBILITY

Maintain guard while moving

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

Three solo rounds: assigned Soo Ki path, assigned Jok Ki chambers and recoil, then both sequences at controlled cadence.

SOLO SUBSTITUTE

Use a floor line or stationary bag only for light placement; never practice partner counters alone.

FINISH / RESET

Easy walk 2 minutes; ankle and hip reset.

DAY 3 | STRENGTH + MOBILITY

Recovery without extra steps

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 shadow cycle: slow construction, normal count, smooth performance. Check starting distance, guard, line, recoil, and reset.

SUBSTITUTION

Use bodyweight good mornings and backpack or towel resistance.

FINISH / RESET

30-second horse stance, then 4 slow breaths.

SAFETY: clear the area; keep solo practice controlled; stop for sharp pain; partner work requires agreed limits and competent supervision.



TANG SOO DO CONDITIONING

WEEK THEME: ONE-STEPS (SOO KI / JOK KI)

ADVANCED — RED & CHO DAN BO



Assigned advanced Gup/CDB one-steps • controlled distance and tempo

Technical level follows rank; physical load follows readiness.

EQUIPMENT OPTIONS: bodyweight • dumbbell/kettlebell • backpack • floor line • stationary bag/shield when appropriate

DAY 1 | STRENGTH + MOBILITY

Control position under load



CIRCUIT

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

MOBILITY

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

TANG SOO DO

Map one assigned Soo Ki: feed line, recognition beat, angle, stance, block, counter, reset. Perform 5 exact shadow reps/side.

SUBSTITUTION

Use tempo bodyweight work and towel isometric rows.

FINISH / RESET

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

DAY 2 | ENDURANCE + MOBILITY

Preserve recoil 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

Jok Ki ladder: 5 chambers/side, 5 controlled extensions and recoils/side, then 3 full solo assigned sequences/side.

SOLO SUBSTITUTE

Use wall support or a shield/bag only if stable; reduce height before adding speed.

FINISH / RESET

Easy movement 2 minutes; hip and calf reset.

DAY 3 | STRENGTH + MOBILITY

Precise line and decisive stop



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 one-step shadow cycle. Change only one agreed variable—starting distance or tempo—while preserving the assignment.

SUBSTITUTION

Use bodyweight, wall support, and towel resistance.

FINISH / RESET

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

SAFETY: clear the area; keep solo practice controlled; stop for sharp pain; partner work requires agreed limits and competent supervision.



TANG SOO DO CONDITIONING

WEEK THEME: ONE-STEPS (SOO KI / JOK KI)

BLACK — BLACK BELTS & MASTERS



Assigned Dan hand and kick one-steps • economy, control, coaching

Technical level follows rank; physical load follows readiness.

EQUIPMENT OPTIONS: bodyweight • dumbbell/kettlebell • backpack • floor line • stationary bag/shield when appropriate

DAY 1 | STRENGTH + MOBILITY

Capacity without dulling precision

CIRCUIT

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

MOBILITY

Between rounds: hip switches, ankle rocks, and thoracic rotations.
TANG SOO DO

Audit one assigned Dan Soo Ki: line, recognition, angle, structure, counter placement, and recovery. Shadow 5 exact reps/side.

SUBSTITUTION

Use tempo bodyweight, a backpack, or isometric towel resistance.

FINISH / RESET

45-second stance hold and 5 controlled breaths.

DAY 2 | ENDURANCE + MOBILITY

Sustainable movement and clear decisions

ENDURANCE

20–25 minutes 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

Alternate assigned Soo Ki footwork and Jok Ki chamber/recoil rounds. Keep one observable coaching cue for each.

SOLO SUBSTITUTE

Use floor lines and controlled shadow work; no unsupervised resistance or joint forcing.
FINISH / RESET

Easy walk 2 minutes; breathing returns to normal.

DAY 3 | STRENGTH + MOBILITY

Structure, recoil, and self-correction

CIRCUIT

3–4 rounds: 6 split squats/side; 8 RDLs; 8 presses; 8 rows/side; suitcase carry or static hold.

MOBILITY

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

Three-pass assigned one-step audit: mechanics, application intent, controlled performance. Write one personal cue and one coaching cue.

SUBSTITUTION

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

Five slow breaths; record the next technical priority.

SAFETY: clear the area; keep solo practice controlled; stop for sharp pain; partner work requires agreed limits and competent supervision.