



TANG SOO DO CONDITIONING

HO SIN SUL | WEAPONS | LOOPING DRILL

BEGINNER - WHITE AND ORANGE BELTS



Assigned Ho Sin Sul by rank; supervised bong basics only. No weapon form is assigned at this tier.

DAY 1 | STRENGTH

Integrated mobility



PURPOSE

Build posture, leg strength, and controlled grip without muscling a release.

WORK

2-3 rounds: 8 chair or bodyweight squats; 6-10 incline push-ups; 6 reverse lunges per side; 20-second suitcase carry per side. Between rounds: 5 hip switches and 10 wrist circles.

TANG SOO DO

Solo Ho Sin Sul pathway: posture, release line, guard, and clear exit - 3 slow repetitions per side. Shadow the assigned Looping Drill sequence for 2 minutes.

EQUIPMENT OPTION

Use one light dumbbell or kettlebell for carries; substitute a loaded backpack or unweighted marching hold.

FINISH / RESET

Walk 2 min; breathe slowly; reset hips, shoulders, wrists, and ankles.

DAY 2 | ENDURANCE

Integrated mobility



PURPOSE

Keep stance, guard, distance, and breathing organized during continuous movement.

WORK

3 rounds: 30 seconds fighting-stance footwork; 30 seconds jab-cross shadow work; 30 seconds front kicks; 30 seconds easy step-ups or marching. Rest 60 seconds. Add ankle rocks and shoulder circles between rounds.

TANG SOO DO

Looping Drill shadow practice: White - jab, cross, front kick; Orange - roundhouse, jab, cross. Work both sides with full recoil and a safe stop.

SOLO OPTION

Use open-hand targets marked on a wall only as visual references; do not strike the wall.

FINISH / RESET

Walk 2 min; breathe slowly; reset hips, shoulders, wrists, and ankles.

DAY 3 | STRENGTH

Integrated mobility



PURPOSE

Build stable stance transitions and a controlled return to balance.

WORK

2-3 rounds: 8 split squats per side; 8 glute bridges; 6 slow shin-box get-ups; 20-second plank or elevated plank. Between rounds: 90/90 hip switches and palm pulses.

TANG SOO DO

Assigned Ho Sin Sul footwork only: establish base, move off the line, recover guard, and exit - 3 repetitions per side. Supervised bong lines may be rehearsed only with an approved practice staff and clear space.

NO EQUIPMENT

Use bodyweight throughout and replace the staff with empty-hand tracing of the assigned path.

FINISH / RESET

Walk 2 min; breathe slowly; reset hips, shoulders, wrists, and ankles.



TANG SOO DO CONDITIONING

HO SIN SUL | WEAPONS | LOOPING DRILL

INTERMEDIATE - GREEN AND BROWN BELTS



Assigned Ho Sin Sul and Looping Drill by rank. Brown belts may practice assigned Bong Hyung material; Green belts use supervised bong basics.

DAY 1 | STRENGTH

Integrated mobility



PURPOSE

Strengthen stance, grip endurance, and balance-breaking mechanics while preserving partner safety.

WORK

3 rounds: 10 goblet or bodyweight squats; 8 push-ups; 8 reverse lunges per side; 30-second suitcase carry per side. Between rounds: hip switches, wrist circles, and shoulder controlled rotations.

TANG SOO DO

Solo Ho Sin Sul sequence: posture, grip alignment, balance break, guard, and exit - 5 controlled repetitions per side. Rehearse assigned bong basics or Bong Hyung material twice.

SUBSTITUTION

Use a backpack or isometric suitcase hold if weights are unavailable; shadow weapon paths if no approved staff is available.

FINISH / RESET

Walk 2 min; breathe slowly; reset hips, shoulders, wrists, and ankles.

DAY 2 | ENDURANCE

Integrated mobility



PURPOSE

Maintain clean targeting and continuous rhythm through the rank-assigned Looping Drill.

WORK

4 rounds: 40 seconds footwork; 40 seconds jab-cross; 40 seconds alternating front and side kicks; 40 seconds step-ups or low-impact sprawls. Rest 45 seconds. Add ankle and thoracic mobility between rounds.

TANG SOO DO

Looping Drill shadow practice for 3 minutes. Green sequence: low/high roundhouse, skip side kick, side punch from horse stance. Brown belts use their instructor-assigned sequence.

PARTNER RULE

Partner work belongs in supervised class unless both students know the feed, contact limit, and stop signal.

FINISH / RESET

Walk 2 min; breathe slowly; reset hips, shoulders, wrists, and ankles.

DAY 3 | STRENGTH

Integrated mobility



PURPOSE

Build usable range for deeper stances, leverage, and controlled weapon handling.

WORK

3 rounds: 10 split squats per side; 8 Cossack squats per side; 8 dead bugs per side; 30-second plank. Between rounds: 90/90 switches, ankle rocks, palm pulses.

TANG SOO DO

Assigned Ho Sin Sul footwork and release path - 5 repetitions per side. Assigned bong form or basic line twice; pause after each grip change to check spacing and control.

NO EQUIPMENT

Use bodyweight and empty-hand path tracing. Never substitute a live blade or improvised sharp object.

FINISH / RESET

Walk 2 min; breathe slowly; reset hips, shoulders, wrists, and ankles.



TANG SOO DO CONDITIONING

HO SIN SUL | WEAPONS | LOOPING DRILL

ADVANCED - RED BELTS AND CHO DAN BO



Assigned Ho Sin Sul through the student's rank; Bong Hyung Il Bu or E Bu when assigned; rank-specific Looping Drill under control.

DAY 1 | STRENGTH

Integrated mobility



PURPOSE

Build decisive structure while keeping joint manipulation controlled and reversible.

WORK

3-4 rounds: 10 goblet squats; 8-12 push-ups or floor presses; 8 reverse lunges per side; 40-second carry per side. Between rounds: hip switches, wrist circles, and shoulder controlled rotations.

TANG SOO DO

Solo Ho Sin Sul flow: base, release or control line, balance break, guard, and exit - 6 repetitions per side. Perform assigned Bong Hyung twice: one analytical pass and one full-intent pass.

SUBSTITUTION

Use bodyweight, backpack loading, and empty-hand weapon-path tracing as needed.

FINISH / RESET

Walk 2 min; breathe slowly; reset hips, shoulders, wrists, and ankles.

DAY 2 | ENDURANCE

Integrated mobility



PURPOSE

Preserve timing, recoil, distance, and decision-making as fatigue develops.

WORK

5 rounds: 45 seconds footwork; 45 seconds hand combinations; 45 seconds controlled kicks; 45 seconds technical stand-ups. Rest 30-45 seconds. Add ankle rocks and thoracic rotations between rounds.

TANG SOO DO

Looping Drill shadow practice for 5 minutes using the assigned rank sequence. Change direction only after a balanced recovery and clear guard.

CONTROL STANDARD

Finish every technique where a partner could safely receive the feed; speed never overrides accuracy.

FINISH / RESET

Walk 2 min; breathe slowly; reset hips, shoulders, wrists, and ankles.

DAY 3 | STRENGTH

Integrated mobility



PURPOSE

Strengthen the ranges used for leverage, stance recovery, and weapon transitions.

WORK

3 rounds: 10 split squats per side; 8 Cossack squats per side; 8 single-leg hinges per side; 30-45 second plank. Between rounds: 90/90 switches, palm pulses, and shoulder mobility.

TANG SOO DO

Assigned Ho Sin Sul pathway - 6 repetitions per side. Perform assigned Bong Hyung twice with a deliberate check of grip, arc, stance, and recovery.

SAFETY

Use only approved practice weapons in clear space. Joint locks and throws remain supervised partner work.

FINISH / RESET

Walk 2 min; breathe slowly; reset hips, shoulders, wrists, and ankles.



TANG SOO DO CONDITIONING

HO SIN SUL | WEAPONS | LOOPING DRILL

BLACK - ALL BLACK BELTS AND MASTERS



Assigned Ho Sin Sul, weapon hyung, and Looping Drill appropriate to rank; leadership without surrendering personal training quality.

DAY 1 | STRENGTH

Integrated mobility



PURPOSE

Develop adaptable structure and grip endurance while preserving precise, teachable mechanics.

WORK

3-5 rounds at RPE 6-8: 8-12 squats; 8-12 presses or push-ups; 8 lunges per side; 40-60 second carry per side. Between rounds: hip switches, wrist circles, and shoulder controlled rotations.

TANG SOO DO

Solo Ho Sin Sul analysis: 5-8 repetitions per side, varying angle while preserving the same safety principles. Perform the assigned weapon hyung twice: one analytical pass and one performance pass.

LEADERSHIP

Record one technical cue you can teach without replacing your own training objective.

FINISH / RESET

Walk 2 min; breathe slowly; reset hips, shoulders, wrists, and ankles.

DAY 2 | ENDURANCE

Integrated mobility



PURPOSE

Maintain tactical choices, technical lines, and restraint during sustained work.

WORK

4-6 rounds: 45 seconds footwork; 45 seconds hand combinations; 45 seconds controlled kicks; 45 seconds technical stand-ups. Rest 30 seconds or as readiness requires. Add ankle and thoracic mobility between rounds.

TANG SOO DO

Looping Drill shadow practice for 5-8 minutes. Vary rhythm and direction without losing distance, guard, recoil, or the ability to stop immediately.

COACHING

If assisting another student, give one correction, then resume your own assigned sequence.

FINISH / RESET

Walk 2 min; breathe slowly; reset hips, shoulders, wrists, and ankles.

DAY 3 | STRENGTH

Integrated mobility



PURPOSE

Build strength through controlled ranges that support leverage, falling readiness, and weapon recovery.

WORK

2-4 rounds: 8-12 split squats per side; 8 Cossack squats per side; 6-8 Turkish get-up stages per side; 30-60 second plank. Integrate 90/90 switches, palm pulses, and shoulder mobility.

TANG SOO DO

Complete 5-8 solo Ho Sin Sul pathways per side and two assigned weapon-hyung passes. Audit stance, grip, line, recovery, and whether every action remains reversible.

SAFETY

Random attacks, resistance, locks, throws, and weapon defenses require qualified supervision, mats, and an agreed stop signal.

FINISH / RESET

Walk 2 min; breathe slowly; reset hips, shoulders, wrists, and ankles.