



SOAR
TANG SOO DO

STRENGTH • DISCIPLINE • CHARACTER • HIGHER PURPOSE

COMBAT LEGACY

1 ROUND

1

SIDE KICKS 20 TOTAL

10 right leg + 10 left leg



Side kick with control.
Do 10 with the right leg,
then 10 with the left leg.

2

PUSH-UPS 10 REPS



Perform 10 full push-ups
with good form.

3

JAB – CROSS 20 COMBINATIONS

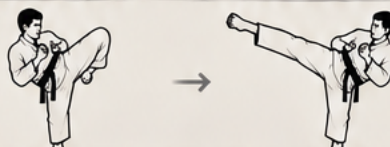


1 jab + 1 cross
= 1 combination.
Do 20 combinations
with proper technique.

4

ROUNDHOUSE KICKS 20 TOTAL

10 right leg + 10 left leg



Roundhouse kick with control.
Do 10 with the right leg,
then 10 with the left leg.

5

PUSH-UPS 10 REPS



Perform 10 full push-ups
with good form.

6

HOOK – HOOK 20 COMBINATIONS



1 left hook + 1 right hook
= 1 combination.
Do 20 combinations
with proper technique.

7

FRONT KICKS 20 TOTAL

10 right leg + 10 left leg



Front kick with control.
Do 10 with the right leg,
then 10 with the left leg.

8

PUSH-UPS 10 REPS



Perform 10 full push-ups
with good form.

9

JAB – CROSS 20 COMBINATIONS



1 jab + 1 cross
= 1 combination.
Do 20 combinations
with proper technique.

10

PLANK FINISHER 60 SECONDS TOTAL



20 SECONDS
Side Plank
(Left Side)

20 SECONDS
Forearm Plank
(Center)

20 SECONDS
Side Plank
(Right Side)

COMPLETE ALL 10 EXERCISES = 1 ROUND

BUILDING STRONGER BODIES • SHARPER MINDS • HIGHER PURPOSES