TANG SOO DO CONDITIONING

WEEK THEME: FORMS (HYUNGS)

BEGINNER

WHITE AND ORANGE BELTS

Use one page for your rank. Scale repetitions, load, range, and rest to your current readiness - not belt alone.

Equipment options: bodyweight, chair, dumbbells, kettlebell, or clear floor space.

THIS WEEK **Build a reliable map of your assigned Sae Kye Hyung: sequence, starting position, deliberate stances, complete chambers, and a balanced finish.**

DAY 1 | STRENGTH

INTEGRATED MOBILITY

Build stance stability and trunk control.

WORK

2 rounds: 8 chair or bodyweight squats; 6-10 incline push-ups; 6 reverse lunges per side; 20-second suitcase hold per side. Between movements, complete 5 ankle rocks and 5 slow hip switches per side.

DOSE **Rest 60-75 seconds between rounds. Keep every repetition smooth.**

TANG SOO DO PRACTICE

Perform your assigned hyung twice: first slowly with a pause at each stance, then at a natural pace. If the sequence is not yet complete, rehearse only the portion already taught.

FINISH / RESET

30-second horse stance, then 5 relaxed breaths.

DAY 2 | ENDURANCE

INTEGRATED MOBILITY

Keep posture and technique recognizable while breathing steadily.

WORK

3 rounds: 40 seconds brisk marching or step-ups; 30 seconds guarded shadow movement; 20 seconds front-stance switches; 40 seconds easy recovery. Between rounds, add 10 shoulder circles and 5 calf raises.

DOSE **Work at a pace that allows quiet, controlled breathing.**

TANG SOO DO PRACTICE

Complete three short form intervals: 60 seconds of assigned-hyung practice, 30 seconds reset. Look before turning and return to a ready position after each interval.

FINISH / RESET

Walk for 2 minutes, then stretch calves and hips.

DAY 3 | STRENGTH

INTEGRATED MOBILITY

Strengthen single-leg balance and deliberate direction changes.

WORK

2 rounds: 6 supported split squats per side; 8 glute bridges; 6 bird dogs per side; 8 standing knee chambers per side. Between rounds, complete 5 thoracic rotations per side.

DOSE **Use bodyweight or light resistance. Rest 60 seconds.**

TANG SOO DO PRACTICE

Perform one counted pass and one uninterrupted pass of your assigned hyung. Choose one instructor correction and show it clearly in the second pass.

FINISH / RESET

Balance 20 seconds per side; finish with 5 slow breaths.

SAFETY: Clear your practice area. Use controlled technique and a comfortable range. Stop for sharp pain, dizziness, or loss of balance.

TANG SOO DO CONDITIONING

WEEK THEME: FORMS (HYUNGS)

INTERMEDIATE
GREEN AND BROWN BELTS

Use one page for your rank. Scale repetitions, load, range, and rest to your current readiness - not belt alone.

Equipment options: bodyweight, chair, dumbbells, kettlebell, or clear floor space.

THIS WEEK **Refine the assigned Pyung Ahn Hyung through consistent stance length, direction changes, hip-supported technique, rhythm, and immediate recovery after each turn.**

DAY 1 | STRENGTH

INTEGRATED MOBILITY

Build leg strength and anti-rotation control for stable transitions.

WORK

3 rounds: 8 goblet or bodyweight squats; 8 push-ups or floor presses; 8 reverse lunges per side; 20-second suitcase carry or hold per side. Add 5 ankle rocks and 5 hip switches per side between rounds.

DOSE **Use a load that preserves posture. Rest 60 seconds.**

TANG SOO DO PRACTICE

Perform the assigned Pyung Ahn Hyung twice: one analytical pass with stance checks, then one controlled full-intent pass. Mark any drift from the starting line.

FINISH / RESET

45-second horse stance, then reset hips and ankles.

DAY 2 | ENDURANCE

INTEGRATED MOBILITY

Maintain foot placement, breathing, and technique path as fatigue rises.

WORK

4 rounds: 45 seconds brisk step-ups or shadow movement; 30 seconds stance-to-stance transitions; 30 seconds guarded hand combinations; 45 seconds easy recovery. Add shoulder circles between rounds.

DOSE **Stay below the pace where stances shorten or breathing becomes ragged.**

TANG SOO DO PRACTICE

Complete four 75-second form intervals with 30 seconds rest. Each interval emphasizes one item: eyes before turn, foot placement, chamber, then rhythm.

FINISH / RESET

Walk 2 minutes and repeat the tightest transition slowly 3 times.

DAY 3 | STRENGTH

INTEGRATED MOBILITY

Improve lateral strength and balanced turns.

WORK

3 rounds: 8 split squats per side; 8 lateral lunges per side; 10 glute bridges; 8 dead bugs per side. Between rounds, complete 5 thoracic rotations and 5 wrist circles per side.

DOSE **Bodyweight or light dumbbells. Rest 60 seconds.**

TANG SOO DO PRACTICE

Perform one counted pass, one slow continuous pass, and one performance pass of the assigned form. Apply one correction without changing the sequence.

FINISH / RESET

30-second single-leg balance per side and relaxed breathing.

SAFETY: Clear your practice area. Use controlled technique and a comfortable range. Stop for sharp pain, dizziness, or loss of balance.

TANG SOO DO CONDITIONING

WEEK THEME: FORMS (HYUNGS)

ADVANCED

RED BELTS AND CHO DAN BO

Use one page for your rank. Scale repetitions, load, range, and rest to your current readiness - not belt alone.

Equipment options: bodyweight, chair, dumbbells, kettlebell, or clear floor space.

THIS WEEK **Use Bassai, Naihanchi Cho Dan, or the assigned rank form to refine power generation, breath, rhythm, balance, and technical intent without excess tension.**

DAY 1 | STRENGTH

INTEGRATED MOBILITY

Develop force from the floor while protecting posture and alignment.

WORK

3-4 rounds: 8 goblet squats; 8 floor presses or push-ups; 8 rear-foot split squats per side; 25-second suitcase carry per side. Integrate 90/90 hip switches and ankle rocks between rounds.

DOSE **Choose a moderate load. Rest 45-75 seconds.**

TANG SOO DO PRACTICE

Perform one slow-tension-free analytical pass and one controlled full-intent pass of the assigned empty-hand form. Audit hip rotation, recoil, and stable finishes.

FINISH / RESET

60-second horse stance or two 30-second sets; reset hips.

DAY 2 | ENDURANCE

INTEGRATED MOBILITY

Preserve rhythm and technique when the work interval lengthens.

WORK

5 rounds: 45 seconds brisk shadow movement; 30 seconds stance transitions; 30 seconds controlled kicks or knee chambers; 30 seconds easy movement. Add shoulder and thoracic mobility between rounds.

DOSE **Use nasal breathing when practical; reduce pace before technique degrades.**

TANG SOO DO PRACTICE

Complete three form passes with different purposes: precision, rhythm, then performance. Rest 45-60 seconds and record one correction after each pass.

FINISH / RESET

Walk 2 minutes; rehearse the corrected section once slowly.

DAY 3 | STRENGTH

INTEGRATED MOBILITY

Build unilateral strength and rotational control for clean direction changes.

WORK

3 rounds: 8 single-leg hinges per side; 8 lateral lunges per side; 8 half-kneeling presses per side or pike push-ups; 8 dead bugs per side. Add thoracic rotations between rounds.

DOSE **Use bodyweight or moderate resistance. Rest 60 seconds.**

TANG SOO DO PRACTICE

Perform a counted pass, a slow continuous pass, and a full-intent pass of the assigned form. Finish each pass balanced and able to reset immediately.

FINISH / RESET

30-second balance per side; 2 minutes relaxed mobility.

SAFETY: Clear your practice area. Use controlled technique and a comfortable range. Stop for sharp pain, dizziness, or loss of balance.

TANG SOO DO CONDITIONING

WEEK THEME: FORMS (HYUNGS)

BLACK

ALL BLACK BELTS AND MASTERS

Use one page for your rank. Scale repetitions, load, range, and rest to your current readiness - not belt alone.

Equipment options: bodyweight, chair, dumbbells, kettlebell, or clear floor space.

THIS WEEK **Practice the assigned Dan hyung with diagnostic precision: economy of motion, line, breath, intent, consistent rhythm, and a specific correction that can be coached and demonstrated.**

DAY 1 | STRENGTH

INTEGRATED MOBILITY

Build whole-body strength without masking technical faults.

WORK

3-5 rounds: 6-10 squats or deadlifts; 6-10 presses or push-ups; 8 split squats per side; 30-second loaded carry per side. Integrate ankle, hip, and thoracic mobility between rounds.

DOSE **Self-select load at RPE 6-8. Stop each set before form breaks.**

TANG SOO DO PRACTICE

Perform one analytical pass and one performance pass of an assigned empty-hand hyung. Identify one mechanical cause, not only the visible symptom, and correct it.

FINISH / RESET

45-75 second horse stance; 2 minutes targeted mobility.

DAY 2 | ENDURANCE

INTEGRATED MOBILITY

Retain form quality, breathing, and decision-making under sustained work.

WORK

4-6 rounds: 45 seconds shadow movement; 45 seconds stance and turn combinations; 30 seconds controlled kicks; 30 seconds recovery. Insert shoulder or hip mobility between rounds.

DOSE **Adjust impact and pace to readiness. Keep technique unmistakable.**

TANG SOO DO PRACTICE

Perform a three-pass hyung audit: precision, natural rhythm, full intent. Between passes, note one measurable standard involving stance, chamber, line, recoil, or finish.

FINISH / RESET

Walk 2 minutes and rehearse the weakest transition 3 times.

DAY 3 | STRENGTH

INTEGRATED MOBILITY

Strengthen usable ranges and finish with teachable technical clarity.

WORK

2-4 rounds: 8 single-leg hinges per side; 8 lateral squats per side; 8 half-kneeling presses per side; 10 anti-extension dead bugs. Add 90/90 switches and thoracic rotations.

DOSE **Use a controlled range and self-selected load. Rest 45-75 seconds.**

TANG SOO DO PRACTICE

Perform two assigned hyungs: one junior form for diagnostic coaching and one current form for personal refinement. Demonstrate the correction before explaining it.

FINISH / RESET

2-4 minutes relaxed breathing and targeted joint mobility.

SAFETY: Clear your practice area. Use controlled technique and a comfortable range. Stop for sharp pain, dizziness, or loss of balance.