# TANG SOO DO CONDITIONING

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

**BEGINNER**
WHITE AND ORANGE BELTS

Use your assigned rank material. Work slowly enough to keep the feed, step, response, and reset recognizable.

Scale physical load to readiness—not belt rank.

## DAY 1 | STRENGTH ☐

**Build a stable stance and a quiet upper body.**

### CIRCUIT + MOBILITY

Squats; incline push-ups; reverse lunges; dead bugs. Between rounds: ankle rocks and hip switches.

### DOSE

**2–3 rounds | 6–10 controlled reps | 60–75 sec rest**

### TANG SOO DO PRACTICE

Shadow 5 assigned Soo Ki repetitions per side. Mark an attack line on the floor; step to the instructed position, complete the response, stop under control, and reset.

### FINISH / RESET

30-sec front stance each side; then five slow breaths.

## DAY 2 | ENDURANCE ☐

**Maintain posture, guard, and distance while breathing steadily.**

### CIRCUIT + MOBILITY

Brisk walk or march; guarded forward/back steps; low-impact step jacks; shadow front-kick chambers. Between rounds: shoulder circles and calf raises.

### DOSE

**4 rounds | 40 sec work / 20 sec reset | easy-to-moderate pace**

### TANG SOO DO PRACTICE

Alternate 3 Soo Ki and 3 Jok Ki shadow repetitions per side. Use a wall mark only as a distance reference; do not strike the wall.

### FINISH / RESET

Balance 20 sec each leg; gently extend and recoil five kicks each side.

## DAY 3 | STRENGTH ☐

**Strengthen the legs and trunk that control the finish.**

### CIRCUIT + MOBILITY

Split squats to a comfortable depth; knee push-ups or floor press; glute bridges; bird dogs. Between rounds: 90/90 hip switches and wrist circles.

### DOSE

**2–3 rounds | 6–10 reps | choose a load that preserves form**

### TANG SOO DO PRACTICE

Perform one slow solo cycle: ready position, agreed attack line, step, assigned response, controlled finish, immediate reset. Complete 5 clean cycles per side.

### FINISH / RESET

Horse stance 30 sec; relax shoulders and review one correction.

SAFETY: use solo shadow practice outside class. Partner work requires agreed roles, contact limits, clear space, and qualified supervision. Stop for sharp pain.

# TANG SOO DO CONDITIONING

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

**INTERMEDIATE**
**GREEN AND BROWN BELTS**

Practice only assigned Soo Ki and Jok Ki. Accuracy and partner-safe stopping distance matter more than speed.

Scale physical load to readiness—not belt rank.

## DAY 1 | STRENGTH ☐

**Build stance endurance and decisive weight transfer.**

### CIRCUIT + MOBILITY

Goblet or bodyweight squats; push-ups; reverse lunges; suitcase carries. Between rounds: ankle rocks and shin-box switches.

### DOSE

**3 rounds | 8–12 reps | 20–30 m carry | 60 sec rest**

### TANG SOO DO PRACTICE

Shadow 6 assigned Soo Ki repetitions per side. Check the attack line, angle, chamber, stance, counter line, and balanced reset after every repetition.

### FINISH / RESET

45-sec stance hold; then rehearse the corrected repetition twice.

## DAY 2 | ENDURANCE ☐

**Keep recognition and footwork clean as fatigue increases.**

### CIRCUIT + MOBILITY

Guarded footwork; shadow jab-cross; front/side-kick chambers; fast march. Between rounds: shoulder circles, calf raises, and hip switches.

### DOSE

**5 rounds | 45 sec work / 20 sec reset | conversational effort**

### TANG SOO DO PRACTICE

Complete 4 alternating Soo Ki/Jok Ki shadow cycles per side. Pause at the finish to confirm guard, recoil, supporting-foot position, and balance.

### FINISH / RESET

20 controlled punches + 10 kick chambers per side; no loss of posture.

## DAY 3 | STRENGTH ☐

**Control the lower body through the entry and exit.**

### CIRCUIT + MOBILITY

Split squats; single-leg hinges with support; floor press or push-ups; side planks. Between rounds: 90/90 transitions and wrist mobility.

### DOSE

**3 rounds | 8–10 reps | light load or bodyweight**

### TANG SOO DO PRACTICE

Use two floor marks to rehearse distance. Complete 5 hand and 5 kick one-step shadows per side, changing only pace after accuracy is stable.

### FINISH / RESET

One minute easy movement; name the cue that improved your distance.

SAFETY: use solo shadow practice outside class. Partner work requires agreed roles, contact limits, clear space, and qualified supervision. Stop for sharp pain.

# TANG SOO DO CONDITIONING

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

**ADVANCED**
**RED BELTS AND CHO DAN BO**

Refine assigned material through purposeful diagnostics: feed, recognition, angle, counter line, control, and immediate recovery.

Scale physical load to readiness—not belt rank.

## DAY 1 | STRENGTH ☐

**Produce force without letting the stance or guard collapse.**

### CIRCUIT + MOBILITY

Goblet squats; push-ups or DB floor press; rear-foot-supported split squats; suitcase carries. Between rounds: hip switches and ankle mobility.

### DOSE

**3–4 rounds | 8–12 reps | moderate, technically clean load**

### TANG SOO DO PRACTICE

Shadow 8 assigned Soo Ki repetitions per side. Change the starting distance slightly while preserving the same attack line and exact controlled finish.

### FINISH / RESET

60-sec stance audit; repeat the weakest side twice with one correction.

## DAY 2 | ENDURANCE ☐

**Preserve decision quality during continuous movement.**

### CIRCUIT + MOBILITY

Guarded footwork; shadow hand combinations; controlled kick chambers; low-impact sprawls or walkouts. Between rounds: shoulder and hip mobility.

### DOSE

**5 rounds | 60 sec work / 30 sec reset | sustainable pace**

### TANG SOO DO PRACTICE

Alternate hand and kicking one-step shadow rounds. Use visual cues to trigger the correct response; stop each counter at an imagined safe target plane.

### FINISH / RESET

30 clean hand techniques + 20 controlled kicks; finish balanced.

## DAY 3 | STRENGTH ☐

**Strengthen braking, recoil, and recovery.**

### CIRCUIT + MOBILITY

Tempo split squats; single-leg hinges; renegade-row setup or plank rows; side planks. Between rounds: Cossack shifts and wrist pulses.

### DOSE

**3 rounds | 6–10 reps | three-second lowering phase**

### TANG SOO DO PRACTICE

Perform 3 diagnostic cycles for each assigned sequence: one slow, one counted, one performance pace. Record one technical correction—not a speed goal.

### FINISH / RESET

Two minutes easy movement; reset breathing and review the correction.

SAFETY: use solo shadow practice outside class. Partner work requires agreed roles, contact limits, clear space, and qualified supervision. Stop for sharp pain.

# TANG SOO DO CONDITIONING

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

**BLACK**
**BLACK BELTS AND MASTERS**

Review assigned Dan material and junior one-steps with the same standard you expect when coaching: precise line, safe control, and clear correction.

Scale physical load to readiness—not belt rank.

## DAY 1 | STRENGTH ☐

**Maintain posture and rotational control through advanced responses.**

### CIRCUIT + MOBILITY

Front-loaded squat or bodyweight tempo squat; push-ups/DB press; split squats; heavy suitcase carries. Between rounds: shin-box and ankle mobility.

### DOSE

**4 rounds | 6–10 reps | challenging but repeatable load**

### TANG SOO DO PRACTICE

Shadow assigned hand one-steps, then audit junior material. For each sequence, identify the intended line, angle, control point, and safe finishing distance.

### FINISH / RESET

60-sec stance hold; demonstrate the same correction on both sides.

## DAY 2 | ENDURANCE ☐

**Sustain technical judgment, not merely output.**

### CIRCUIT + MOBILITY

Footwork patterns; guarded shadow rounds; kick-chamber/recoil cycles; walkouts or technical stand-ups. Between rounds: shoulder and hip mobility.

### DOSE

**6 rounds | 60 sec work / 30 sec reset | smooth, controlled breathing**

### TANG SOO DO PRACTICE

Use randomized visual cues to select hand or kick one-step shadow responses. Keep the first movement economical and the final position ready to reset.

### FINISH / RESET

One technical minute: perfect repetitions only; stop if quality drops.

## DAY 3 | STRENGTH ☐

**Train deceleration and balance for controlled application.**

### CIRCUIT + MOBILITY

Tempo split squats; single-leg hinges; floor press; offset carries; anti-rotation holds. Between rounds: Cossack shifts and wrist mobility.

### DOSE

**3–4 rounds | 6–10 reps | scale load to current readiness**

### TANG SOO DO PRACTICE

Complete a three-pass audit of assigned material: mechanics pace, partner-teaching pace, then performance pace. Write one concise coaching cue for each pass.

### FINISH / RESET

Two minutes easy movement; finish with one flawless repetition per side.

SAFETY: use solo shadow practice outside class. Partner work requires agreed roles, contact limits, clear space, and qualified supervision. Stop for sharp pain.