TANG SOO DO CONDITIONING

WEEK THEME: HO SIN SUL / WEAPONS / LOOPING DRILL

BEGINNER

WHITE & ORANGE

Assigned Ho Sin Sul and Looping Drill. Empty-hand stance/path substitute unless supervised bong basics are assigned.

DAY 1 | STRENGTH + MOBILITY ☐

CIRCUIT

Squat or goblet squat; push-up or dumbbell floor press; reverse lunge into front stance; suitcase carry; plank shoulder tap. Between rounds: hip switches and wrist circles.

DOSE

2 rounds • 6–10 controlled reps • 60–90 sec rest

TANG SOO DO

Solo Ho Sin Sul path: posture, step, grip alignment, release path, guard, and clear exit—3 slow reps per side. Finish with two controlled Looping Drill shadow cycles.

FINISH / RESET

Easy breathing, then hip, ankle, shoulder, and wrist mobility.

DAY 2 | ENDURANCE + MOBILITY ☐

CIRCUIT

Rotate through brisk footwork, shadow jab-cross, controlled front and side kicks, technical stand-up, and light bag work if available. Between rounds: ankle rocks and shoulder circles.

DOSE

2 rounds • 6–10 controlled reps • 60–90 sec rest

TANG SOO DO

Three 60-second Looping Drill shadow rounds. Preserve distance, recoil, guard, balance, and immediate reset. Solo substitute only—no unsupervised partner locks or throws.

FINISH / RESET

Easy breathing, then hip, ankle, shoulder, and wrist mobility.

DAY 3 | STRENGTH + MOBILITY ☐

CIRCUIT

Split squat; supported single-leg hinge; Cossack squat to comfortable depth; side plank; towel-grip carry or isometric squeeze. Between rounds: 90/90 switches and palm pulses.

DOSE

2 rounds • 6–10 controlled reps • 60–90 sec rest

TANG SOO DO

Practice assigned weapon form or basic path with an approved practice weapon and clear space. If unavailable or unassigned, use empty-hand path rehearsal and two slow stance-transition sets.

FINISH / RESET

Easy breathing, then hip, ankle, shoulder, and wrist mobility.

SAFETY: Scale physical load to readiness. Use approved practice weapons and clear space. Partner locks, throws, and takedowns require qualified supervision and mats.

Assigned Ho Sin Sul and Looping Drill. Brown Belts use assigned Bong Hyung Il Bu or current weapon material; Green Belts use the solo substitute unless assigned.

DAY 1 | STRENGTH + MOBILITY ☐

CIRCUIT

Squat or goblet squat; push-up or dumbbell floor press; reverse lunge into front stance; suitcase carry; plank shoulder tap. Between rounds: hip switches and wrist circles.

DOSE

2–3 rounds • 8–12 controlled reps • 60–75 sec rest

TANG SOO DO

Solo Ho Sin Sul path: posture, step, grip alignment, release path, guard, and clear exit—3 slow reps per side. Finish with two controlled Looping Drill shadow cycles.

FINISH / RESET

Easy breathing, then hip, ankle, shoulder, and wrist mobility.

DAY 2 | ENDURANCE + MOBILITY ☐

CIRCUIT

Rotate through brisk footwork, shadow jab-cross, controlled front and side kicks, technical stand-up, and light bag work if available. Between rounds: ankle rocks and shoulder circles.

DOSE

2–3 rounds • 8–12 controlled reps • 60–75 sec rest

TANG SOO DO

Three 60-second Looping Drill shadow rounds. Preserve distance, recoil, guard, balance, and immediate reset. Solo substitute only—no unsupervised partner locks or throws.

FINISH / RESET

Easy breathing, then hip, ankle, shoulder, and wrist mobility.

DAY 3 | STRENGTH + MOBILITY ☐

CIRCUIT

Split squat; supported single-leg hinge; Cossack squat to comfortable depth; side plank; towel-grip carry or isometric squeeze. Between rounds: 90/90 switches and palm pulses.

DOSE

2–3 rounds • 8–12 controlled reps • 60–75 sec rest

TANG SOO DO

Practice assigned weapon form or basic path with an approved practice weapon and clear space. If unavailable or unassigned, use empty-hand path rehearsal and two slow stance-transition sets.

FINISH / RESET

Easy breathing, then hip, ankle, shoulder, and wrist mobility.

SAFETY: Scale physical load to readiness. Use approved practice weapons and clear space. Partner locks, throws, and takedowns require qualified supervision and mats.

Assigned Ho Sin Sul, rank Looping Drill, and assigned bong form segments. Partner locks/throws remain supervised class work.

DAY 1 | STRENGTH + MOBILITY ☐

CIRCUIT

Squat or goblet squat; push-up or dumbbell floor press; reverse lunge into front stance; suitcase carry; plank shoulder tap. Between rounds: hip switches and wrist circles.

DOSE

3 rounds • 8–12 controlled reps • 45–75 sec rest

TANG SOO DO

Solo Ho Sin Sul path: posture, step, grip alignment, release path, guard, and clear exit—3 slow reps per side. Finish with two controlled Looping Drill shadow cycles.

FINISH / RESET

Easy breathing, then hip, ankle, shoulder, and wrist mobility.

DAY 2 | ENDURANCE + MOBILITY ☐

CIRCUIT

Rotate through brisk footwork, shadow jab-cross, controlled front and side kicks, technical stand-up, and light bag work if available. Between rounds: ankle rocks and shoulder circles.

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3 rounds • 8–12 controlled reps • 45–75 sec rest

TANG SOO DO

Three 60-second Looping Drill shadow rounds. Preserve distance, recoil, guard, balance, and immediate reset. Solo substitute only—no unsupervised partner locks or throws.

FINISH / RESET

Easy breathing, then hip, ankle, shoulder, and wrist mobility.

DAY 3 | STRENGTH + MOBILITY ☐

CIRCUIT

Split squat; supported single-leg hinge; Cossack squat to comfortable depth; side plank; towel-grip carry or isometric squeeze. Between rounds: 90/90 switches and palm pulses.

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TANG SOO DO

Practice assigned weapon form or basic path with an approved practice weapon and clear space. If unavailable or unassigned, use empty-hand path rehearsal and two slow stance-transition sets.

FINISH / RESET

Easy breathing, then hip, ankle, shoulder, and wrist mobility.

SAFETY: Scale physical load to readiness. Use approved practice weapons and clear space. Partner locks, throws, and takedowns require qualified supervision and mats.

Assigned Dan-level Ho Sin Sul and weapon material, with emphasis on exact mechanics, controlled transitions, and coaching clarity.

DAY 1 | STRENGTH + MOBILITY ☐

CIRCUIT

Squat or goblet squat; push-up or dumbbell floor press; reverse lunge into front stance; suitcase carry; plank shoulder tap. Between rounds: hip switches and wrist circles.

DOSE

3–4 rounds • quality first • 45–60 sec rest

TANG SOO DO

Solo Ho Sin Sul path: posture, step, grip alignment, release path, guard, and clear exit—3 slow reps per side. Finish with two controlled Looping Drill shadow cycles.

FINISH / RESET

Easy breathing, then hip, ankle, shoulder, and wrist mobility.

DAY 2 | ENDURANCE + MOBILITY ☐

CIRCUIT

Rotate through brisk footwork, shadow jab-cross, controlled front and side kicks, technical stand-up, and light bag work if available. Between rounds: ankle rocks and shoulder circles.

DOSE

3–4 rounds • quality first • 45–60 sec rest

TANG SOO DO

Three 60-second Looping Drill shadow rounds. Preserve distance, recoil, guard, balance, and immediate reset. Solo substitute only—no unsupervised partner locks or throws.

FINISH / RESET

Easy breathing, then hip, ankle, shoulder, and wrist mobility.

DAY 3 | STRENGTH + MOBILITY ☐

CIRCUIT

Split squat; supported single-leg hinge; Cossack squat to comfortable depth; side plank; towel-grip carry or isometric squeeze. Between rounds: 90/90 switches and palm pulses.

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3–4 rounds • quality first • 45–60 sec rest

TANG SOO DO

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