Build stance, guard, footwork, distance, targeting, and defense before any free sparring. White belts use non-contact or drill-based alternatives.

DAY 1 | STRENGTH

Integrated mobility

☐

PURPOSE

Build stable legs, trunk control, and a guard that returns after every movement.

WORK

2-3 rounds: 8 chair or bodyweight squats; 6-10 incline push-ups; 6 reverse lunges per side; 20-second front plank. Between rounds: ankle rocks, hip switches, and shoulder circles.

TANG SOO DO

3 x 60-second shadow rounds: stance and guard, forward/backward steps, then angle out and reset. Finish every step balanced.

NO EQUIPMENT

Use floor seams or two shoes as distance markers. Do not recreate partner contact outside supervised class.

FINISH / RESET

Walk 2 min; breathe slowly; reset calves, hips, shoulders, and guard.

DAY 2 | ENDURANCE

Integrated mobility

☐

PURPOSE

Maintain breathing, guard, and distance during continuous controlled movement.

WORK

4 rounds: 30 seconds footwork; 30 seconds jab-cross shadow work; 30 seconds front kicks with recoil; 30 seconds easy marching. Rest 45 seconds. Add calf and shoulder mobility between rounds.

TANG SOO DO

Practice touch-and-exit shadow combinations: jab-cross, guard, step out. White belts remain non-contact. Orange belts may use a heavy bag only with instructor-approved targets and light contact.

SOLO OPTION

Shadow a partner-sized target in open space. Stop before fatigue changes stance or recoil.

FINISH / RESET

Walk 2 min; breathe slowly; reset calves, hips, shoulders, and guard.

DAY 3 | STRENGTH

Integrated mobility

☐

PURPOSE

Develop lateral stability for defense, recovery, and controlled direction changes.

WORK

2-3 rounds: 8 split squats per side; 8 glute bridges; 6 lateral lunges per side; 20-second side plank per side. Between rounds: 90/90 switches and ankle circles.

TANG SOO DO

4 x 45-second rounds: guard, retreat one step, parry motion, angle out, reset. Add one controlled counter only after the defensive movement is balanced.

READINESS

Shorten rounds or use walking footwork as needed. Free sparring is not required for white belts.

FINISH / RESET

Walk 2 min; breathe slowly; reset calves, hips, shoulders, and guard.

Use constrained drills to refine entry, exit, defense, and measured contact before free sparring. Physical load scales to readiness.

DAY 1 | STRENGTH

Integrated mobility

☐

PURPOSE

Build single-leg control and trunk stability for clean attacks and recoveries.

WORK

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

TANG SOO DO

4 x 60-second shadow rounds: close distance behind guard, one hand combination, angle out, reset. Alternate orthodox and opposite-side movement without crossing feet.

SUBSTITUTION

Use a backpack or bodyweight. Replace bag work with shadow targeting when equipment is unavailable.

FINISH / RESET

Walk 2 min; breathe slowly; reset calves, hips, shoulders, and guard.

DAY 2 | ENDURANCE

Integrated mobility

☐

PURPOSE

Preserve distance, recoil, and defensive responsibility as the work rate increases.

WORK

5 rounds: 40 seconds footwork; 40 seconds hand combinations; 40 seconds controlled kicks; 40 seconds easy step-ups. Rest 40 seconds. Mobilize calves and shoulders between rounds.

TANG SOO DO

Heavy bag or shadow: attack once, recover guard, defend the return line, and exit. Use light bag contact; no unsupervised partner sparring.

CONTROL

Every combination must finish with balance and the ability to stop immediately.

FINISH / RESET

Walk 2 min; breathe slowly; reset calves, hips, shoulders, and guard.

DAY 3 | STRENGTH

Integrated mobility

☐

PURPOSE

Strengthen defensive angles and the recovery positions used after kicks.

WORK

3 rounds: 8 split squats per side; 8 single-leg hinges per side; 8 dead bugs per side; 30-second plank. Between rounds: 90/90 switches, ankle circles, and shoulder mobility.

TANG SOO DO

5 x 45-second constrained shadow rounds: lead-hand only; rear-hand only; front-kick entry; defense only; choice round. Reset after each clean action.

SOLO OPTION

Use taped floor lines to audit range. Do not strike walls or improvised hard targets.

FINISH / RESET

Walk 2 min; breathe slowly; reset calves, hips, shoulders, and guard.

Link footwork, targeting, defense, and tactical choices while preserving measured contact and partner control.

DAY 1 | STRENGTH

Integrated mobility

☐

PURPOSE

Develop stable power transfer without sacrificing the ability to recover or redirect.

WORK

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

TANG SOO DO

5 x 60-second shadow rounds: feint, enter, two-technique combination, defend, exit. Change rhythm without overreaching or losing guard.

SUBSTITUTION

Use bodyweight or backpack loading. Shadow if no bag is available.

FINISH / RESET

Walk 2 min; breathe slowly; reset calves, hips, shoulders, and guard.

DAY 2 | ENDURANCE

Integrated mobility

☐

PURPOSE

Keep tactical decisions clear while heart rate and movement demand increase.

WORK

5 rounds: 45 seconds footwork; 45 seconds hands; 45 seconds controlled kicks; 45 seconds technical stand-ups. Rest 30-45 seconds. Add calf and thoracic mobility.

TANG SOO DO

Bag or shadow: 2-minute rounds with one assigned constraint - counter only, angle exit, or body-level target. Keep power moderate and technique recognizable.

SAFETY

Partner rounds require gear, agreed contact, prepared partners, and instructor supervision.

FINISH / RESET

Walk 2 min; breathe slowly; reset calves, hips, shoulders, and guard.

DAY 3 | STRENGTH

Integrated mobility

☐

PURPOSE

Build lateral strength and rotational control for defense and countering.

WORK

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

TANG SOO DO

6 x 45-second shadow rounds: pressure, retreat, pivot, counter, reset. Audit target choice, recoil, balance, and whether the action could stop on command.

READINESS

Reduce round count before technique quality deteriorates; rank does not determine conditioning dose.

FINISH / RESET

Walk 2 min; breathe slowly; reset calves, hips, shoulders, and guard.

Train adaptable tactics and coaching judgment while maintaining personal technical quality, measured contact, and immediate stopping ability.

DAY 1 | STRENGTH

Integrated mobility

☐

PURPOSE

Develop robust stance and trunk control for technically precise attacks, defenses, and exits.

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: ankle, hip, and shoulder mobility.

TANG SOO DO

5 x 90-second shadow rounds: manage range, draw a response, counter, exit, and reset. Change stance or rhythm only when structure remains clean.

LEADERSHIP

Write one coaching cue that improves control without replacing your own training objective.

FINISH / RESET

Walk 2 min; breathe slowly; reset calves, hips, shoulders, and guard.

DAY 2 | ENDURANCE

Integrated mobility

☐

PURPOSE

Sustain tactical awareness and restraint under fatigue.

WORK

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

TANG SOO DO

Bag or shadow: 3 x 2-minute rounds with one tactical theme per round. Keep contact measured and preserve defense after every attack.

COACHING

If assisting another student, give one correction, observe one repetition, then resume your own work.

FINISH / RESET

Walk 2 min; breathe slowly; reset calves, hips, shoulders, and guard.

DAY 3 | STRENGTH

Integrated mobility

☐

PURPOSE

Build resilient lateral and rotational control for advanced movement without chasing fatigue.

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 and shoulder mobility.

TANG SOO DO

6 x 60-second shadow rounds: pressure management, interception, countering, exit, and recovery. Audit economy, target selection, restraint, and stop capability.

SAFETY

Free sparring remains supervised. Use complete gear, agreed contact, partner control, and instructor-defined rounds.

FINISH / RESET

Walk 2 min; breathe slowly; reset calves, hips, shoulders, and guard.