

## The Life of a Martial Artist

It is not an easy task to lead the life of a traditional martial artist. I would like to use some well-known proverbs to illustrate this. “You should not recognize them by their words, but by their actions.”, “You see the speck in another's eye, but you do not see the beam in your own eye.”, Better a warrior in the garden than a gardener in war.”

The following is not intended as criticism, but primarily for reflection. I would like to highlight a few topics.

**Traditions** over the years over time. Tradition is generally understood to mean the passing on of traditions, views and customs from the past to the present. Adjustments due to different temporal circumstances over the years from the past to the present and the passing on to future requirements should be considered without diluting or falsifying the actual core of the tradition. Standing still is a step backwards!

**Behaviour and conduct**, appropriate choice of words and respectful interaction with and among each other. Also, the acquisition of necessary background knowledge as a prerequisite for necessary decisions to be made.

**Demands** made in comparison to the actual contributions and services provided. It is not enough to only contribute the absolutely necessary according to your own understanding.

A studio or association is not a stage for self-satisfied ego politicians. It is people who act selflessly and contribute to what is happening.

An age-old experience is that you should or must always hear both sides of a matter or issue! Listening is an important source of information, and you should also keep your own mirror in front of you. Practicing self-criticism is a tough school.

The TGTSDA sees its attitude as a traditional martial artist in line with the guidelines of Shoto-Kan founder Gishin Funakoshi's personal attitude to life. As the founder of the TGTSDA, I also refer to my own martial arts career in the various manuals:

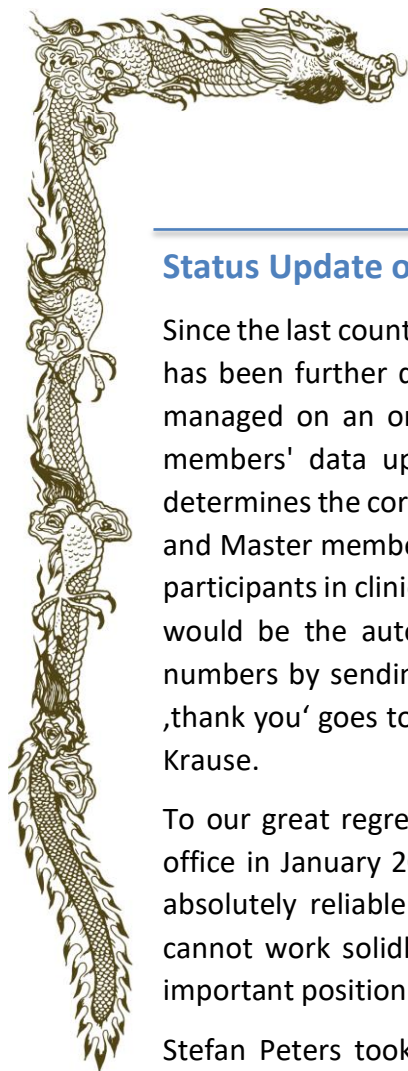
Medals and trophies rust over time

Temporary fame fades over the years

All that remains is the development of one's own personality in a positive sense. An indispensable quality is loyalty, despite sometimes existing temporary differences of opinion about the functionality of an association. You should seriously think about that!

KCN Klaus Trogemann





## Status Update of the TGTSDA

Since the last country assembly meeting in November 2023, the Chung Shin administration software has been further developed. Events such as clinics and championships can now be created and managed on an ongoing basis. To do this, it is essential that the individual studios keep their members' data up to date, such as pictures, rank, weight and height, as this automatically determines the corresponding participant category when participating in championships. Every Dan and Master member should also upload a photo. The automatic recording, filing and evaluation of participants in clinics and championships is a next step that is being tackled. The last important step would be the automatic recording of fees and invoices paid based on the respective invoice numbers by sending the bank statements and thus, for example, activation of certificates. A big ,thank you' goes to the software developer Alexandre Bernard and the acceptance tester Thomas Krause.

To our great regret, the previous treasurer Leonidas Kalojanidis unexpectedly resigned from his office in January 2024. I would also like to express my gratitude to him for the trustworthy and absolutely reliable leadership of this office, without which an association such as our TGTSDA cannot work solidly. We managed to get Oliver Stahl on board at short notice to take on this important position of trust.

Stefan Peters took on the task of organizing this year's TGTSDA Master Clinic 2024 on site in Switzerland. Jan de Vry took on the role of program director and its organisation. Thanks to both for their effort.

This year's championships are declared the TGTSDA World Championships, and the international Black Belt clinic will be organised and held by TSD Solln in Munich in October under the direction of Rainer Unsöld and Oliver Stahl.

The TGTSDA now has two 8th Dan grandmasters, KCN Klaus Trogemann and KCN John Dickinson, who successfully passed their exams in Belfast in September 2023 under Senior Grandmaster Ki Yun Yi of the IMA, a student of the late Grandmaster Jae Chul Shin. The TGTSDA therefore has the legitimacy and competence to train and certify TSD Masters according to the guidelines of the TGTSDA.

A small note on the side: In December this year we will be celebrating the five-year anniversary of the TGTSDA since its founding in December 2019. We can all congratulate ourselves on this success.



KCN Klaus Trogemann



### Announcement: World Championship 2024 in Munich

We are looking forward to the TGTSDA World Championship 2024 on Saturday, October 12<sup>th</sup> in Munich, where there will be a celebration of KCN Trogemann's promotion to Grandmaster.

TSD practitioners from all over the world are invited to participate in our celebration of Tang Soo Do. If you would like to participate, please talk to your instructor who will register you via our Chung Shin system. If you are not a member of the TGTSDA, please contact KCN Trogemann or get in contact via our website [www.tgtsda.com](http://www.tgtsda.com).



See you in October! Tang Soo!

Tatjana Schwarz, Sam Dan, Website and Publications

### Cross-club Garding at TSD Issum in March

After a little more than six months, my "comrade-in-arms" Julia and I were allowed to give our belts a new colour: We passed the belt exam and are now white with stripes - 9th Gup!

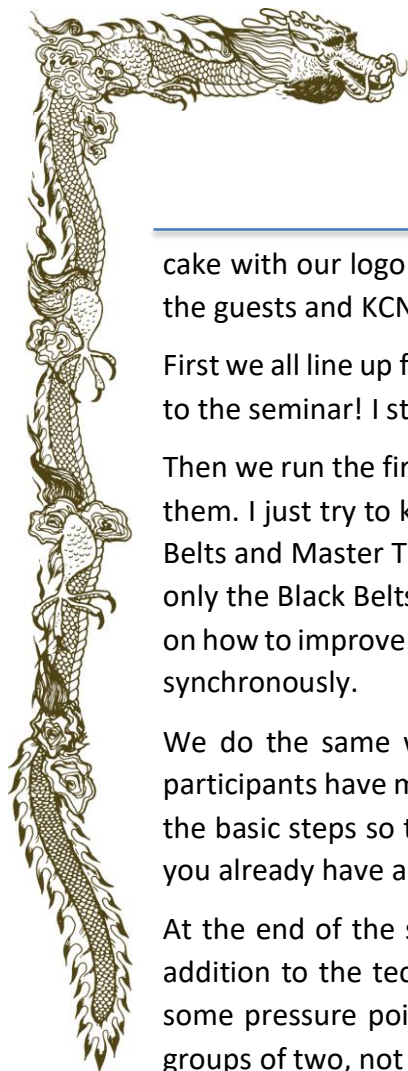
Tang so Do is an incredibly varied sport, which also uses the brain in particular. Where do I have to put my foot? How do I have to stand? What are my arms doing? What is the next movement? It is not dull running, but a holistic body movement with a focus on ying and yang - and it takes a lot of time to perform these balanced movements in the correct order. After weeks of intensive training and countless repetitions, we got the message from our trainers that we would be admitted to the belt exam.

On the day of the exam, body and mind were completely balanced and we were able to live up to all expectations. With almost 30 other examinees, we ran the forms and showed the hand, foot and self-defense techniques. It was nice to see what the higher-ranking students had to show. More complex sequences of movements, which we will also learn at some point. Thanks to the intensive preparation, we were able to take part in the exam safely and are finally no longer 10th Gups. Now more intensive training sessions will follow to reach our next goal: the 8th Gup, orange belt.

Alina vom Bruch, 9th Gup, TSD Menzelen/Germany

### Tang Soo Do Seminar in Zorneding on March 23

The time has finally come today is the seminar in Zorneding that we have been looking forward to for months! Everyone is helping with the set-up, some have brought homemade treats, fruit and a



cake with our logo for the buffet, others are setting up the flag and the traditional drum. Once all the guests and KCN Klaus Trogemann have arrived, we can get started.

First we all line up for the flag salute. There are only Black Belts in the front row, so many have come to the seminar! I stand in the very back because I'm only a 10th gup, a white belt.

Then we run the first few hyungs together. The higher the forms get, the fewer participants master them. I just try to keep up as well as I can, because you can get your bearings from both the Black Belts and Master Thomas Krause, who is standing behind us. At the end, there's another form that only the Black Belts do and we get to watch. After each run, Master Trogemann gives us a few tips on how to improve. It is impressive to see how the advanced practitioners perform the forms almost synchronously.

We do the same with the bong, the long stick. Here, too, it is impressive how well the other participants have mastered the hyungs. However, Master Trogemann still takes the time to explain the basic steps so that everyone can learn something. For him, it is particularly important, even if you already have a higher belt, to always repeat the absolute basics and master them well.

At the end of the seminar, Master Trogemann wants to show us the self-defense techniques. In addition to the techniques that we have already tried out in our own training, he demonstrates some pressure points that put the opponent out of action with one blow. We practise these in groups of two, not at full power of course.

Of course, the traditional flag salute is a must at the end of the seminar, which is why we all line up again and repeat the principles of Tang Soo Do for ourselves. Some of us decide to have dinner at the Neuwirt restaurant at the end of the seminar.

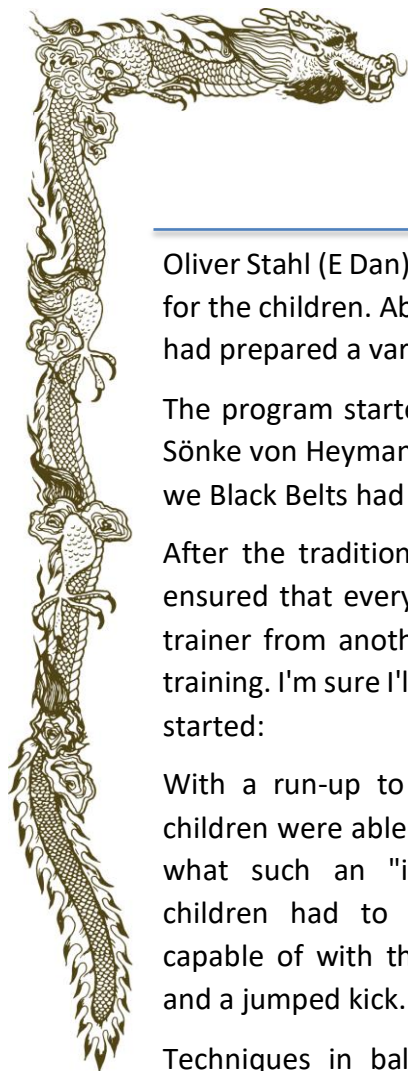
I got to know several nice people during the training that I would never have met otherwise. You can feel a real sense of community, because what unites us is our enthusiasm for Tang Soo Do. It's definitely worth coming along, no matter how old you are or how much previous knowledge you have!

Claudia Koschinsky, 10th Gup, TSD Zorneding

## Children's and Youth Clinic in Munich/Solln in April: Under the Sign of the Dragon



I always like to come to the Tang Soo Do studio Solln in the southernmost district of Munich. It usually works quite well to get from Neufahrn near Freising through the middle of Munich. This year, Studio Solln was the organizer and organizer of the 2024 children's and youth clinic.

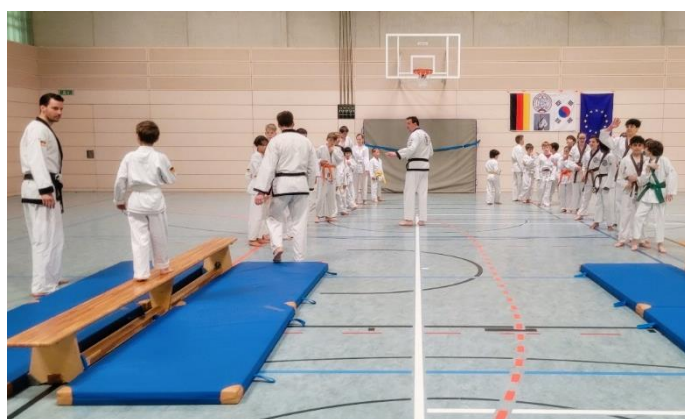


Oliver Stahl (E Dan) and Thomas Schromm (Sam Dan) had invited and came up with a great program for the children. About 35 children had come. Four of us from Neufahrn had arrived, and TSD-Solln had prepared a varied program.

The program started shortly after 10 a.m. - and it started not only for the children, but also for Sönke von Heymann and me, Alexander Schmid. Oliver and Thomas integrated us as a support. So we Black Belts had a lot of fun together with the kids.

After the traditional bow in, of course, the warm-up began. Thomas' fitness exercises quickly ensured that everyone got their pulse up and the muscles were warmed up nicely. For me as a trainer from another studio, this is always a good opportunity for new inspiration for my own training. I'm sure I'll try a few of these exercises. After everyone was nicely warmed up, the program started:

With a run-up to the big mitt: Here the children were able to let off steam and feel what such an "impact" feels like. The children had to show what they were capable of with their shoulders, fists, feet and a jumped kick.

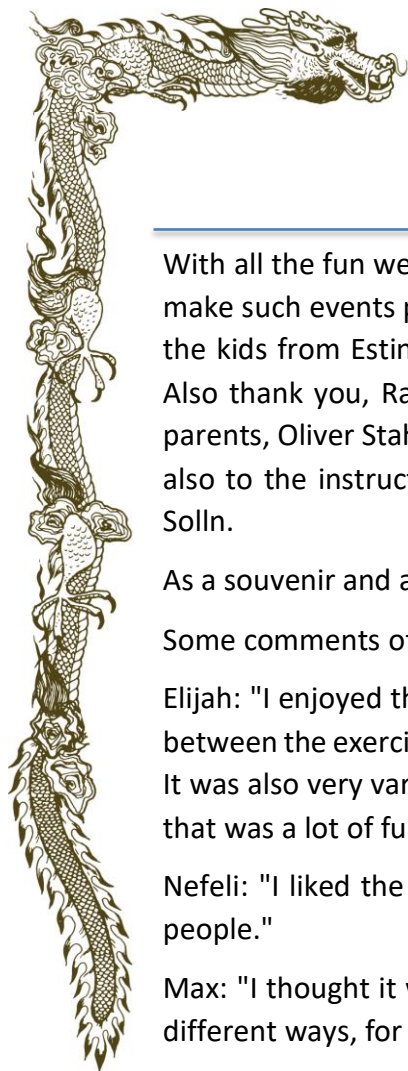


Techniques in balance: Balancing on the long bench is not only challenging for the children. The children showed that they had mastered the techniques on the bench and did not fall. When the long bench was turned over and the children were allowed to show the techniques on the narrow beam, all the children mastered this challenge with flying colors. Some of the children were able to take an additional difficulty: balancing on the long bench and performing the technique on a small mitt.

Block and Defend: A partner exercise with focus on repelling an attack. This visibly challenged some of the children. The idea of the exercise is to give the partner time and opportunity to perform the correct defence quickly and safely. Not everyone understood that it is not about hitting the target – the shoulder in this case – with the palm of your hand under all circumstances. But the kids had fun and that was the important thing. Finding the right defence quickly and safely is a topic that could perhaps be dealt with in a separate, future course with more time.

Doing forms at the end of the three-hour course was certainly a completely new experience for some. After the initial normal running of the forms, the children should repeat the same ones with their eyes closed. With this type of exercise, it quickly becomes apparent who has already mastered his things and who does not. Anyone who had never done anything like this before was amazed when they opened their eyes to see how different the final position was compared to the starting position.

Between the individual tasks, breaks and games were built in. The tag games were accompanied by a story about dragons and villagers. As I thought, a very nice idea for a children's and youth course.



With all the fun we had together with the children in the gym, we must not forget the people who make such events possible. A big thank you to Senior Master Trogemann, who had also come with the kids from Esting and was present as an association representative and patron of the course. Also thank you, Rainer Unsöld, the head of TSD Solln, who looked after all guests, children and parents, Oliver Stahl and Thomas Schromm for the organisation and elaboration of the course, and also to the instructors and parents as drivers and companions who had brought the children to Solln.

As a souvenir and as a small gift, all children received a nice medal.

Some comments of the kids from Neufahrn:

Elijah: "I enjoyed the course because it was something different and we were able to recover a bit between the exercises. Despite the games and breaks, attention was paid to Tang Soo Do and forms. It was also very varied, as we were allowed to run with our eyes closed. There were a lot of games that was a lot of fun."

Nefeli: "I liked the course because it was full of varied activities, and I had a lot of fun with nice people."

Max: "I thought it was nice that we did a lot of different techniques and that we ran the forms in different ways, for example blind."

And Alex: "I always look forward to such courses with nice and motivated people. I had a lot of fun."

Alexander Schmid, Sam Dan, TSD Neufahrn/Germany

### Successful 3-day Summer Camp of the TSD Department in Kirchdorf/Inn

For the third time in a row, the annual 3-day Tang Soo Do summer training camp took place on the Father's Day weekend in Kirchdorf am Inn.

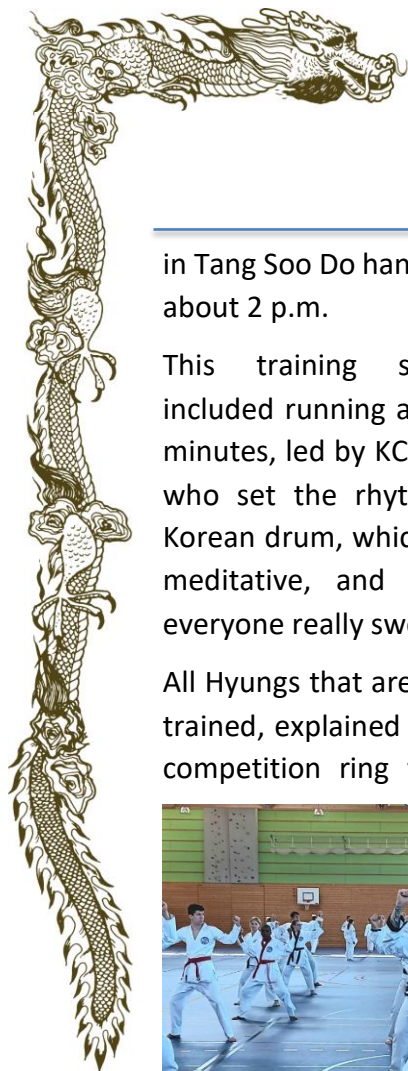
Just like last year, a lot of TSD practitioners came to this big event. Most of them, of course, come from all over Bavaria. However, just like last year a large group from North Rhine-Westphalia showed up, and even from the Netherlands, a Tang Soo Do master with his young student came to us to the Otto-Steidle-Gym in beautiful Lower Bavaria.

On Friday afternoon, the training started with the first two-hour training session to warm up with form running and the repetition of known techniques. The course was led by KCN Klaus Trogemann.

After the training, people got together for the traditional. Old friendships were cultivated, and new ones were founded until late in the evening.

After a morning Qigong session before breakfast on the meadow at the Hotel Inntalhof, which was almost completely





in Tang Soo Do hands this weekend, the longest training session started on Saturday from 9 a.m. to about 2 p.m.

This training session also included running a form for 30-minutes, led by KCN Trogemann who set the rhythm with the Korean drum, which was almost meditative, and which made everyone really sweat.



All Hyungs that are taught in Tang Soo Do and corresponded to the level of the participants were trained, explained and practiced several times in these lessons. At the end of the training day, a competition ring was opened, and several exhibition competitions were practiced and the



competition rules were explained. This served as training and preparation for the competition judges and participants for the World Championship in Munich in autumn. The evening ended the training day with another great barbecue.

On Sunday there was another 3-hour training session. This began with partner exercises where Master Thomas Krause showed us attacks and defence with the bong. In the last lesson of the summer camp, we practiced special lever and self-defence techniques. Then everyone started the sometimes long way home, tired but satisfied. It was again a very nice and successful summer training camp.

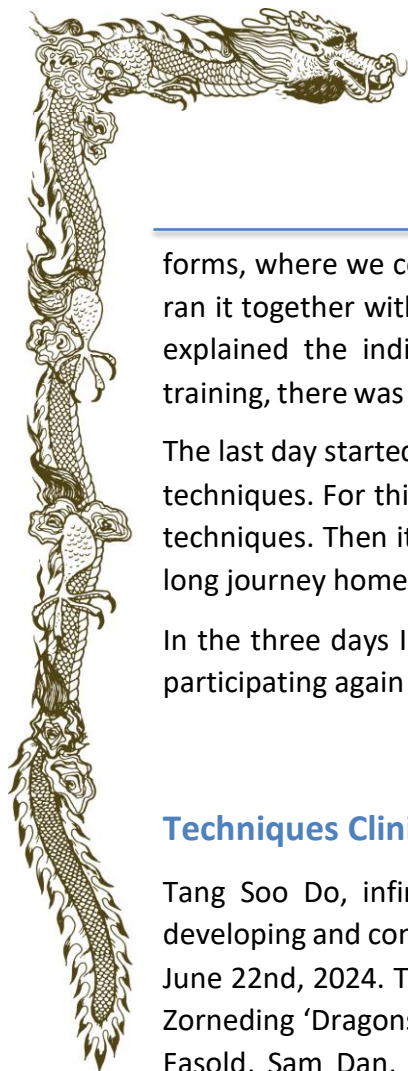
Jo Kandlbinder, Sam Dan, TSD Rottal-Inn/Germany

## Summer Camp in Kirchdorf/Inn

On Friday, the three-day summer clinic 2024 started in Kirchdorf, in which I was allowed to participate for the first time. We left on Thursday evening and arrived at the hotel at 8 a.m. for breakfast after about 8 hours of driving. After a short nap and subsequent refreshment, the training started at 5 p.m. in the gym.

The first day was about the individual Hyungs, which were accompanied by the sound of the drum. So I was able to get into the rhythm as a beginner and run the first Hyungs. Even if you didn't know all the higher forms yet, there was always a black belt nearby that you could use as a guide. Afterwards, the Bong Hyung forms were on the agenda, where I was able to gain my first experience with the bong. In the evening hours, there was a barbecue with everyone, where we could get to know each other better.

The second day began for me at 7 a.m. with Qi Gong. The individual movements and mediation meant that I was able to start the day more awake and relaxed. In the gym we went directly to the



forms, where we colour belts learned the Pyung Ahn E Dan step by step under guidance and then ran it together with everyone. Afterwards we continued with sparring. After KCN Trogemann had explained the individual techniques, we went directly into free fighting. After the strenuous training, there was delicious food, good conversations and a nice time with everyone in the evening.

The last day started again with a session of Qi Gong. The course continued with the individual bong techniques. For this purpose, each colour belt was assigned a black belt to practice the individual techniques. Then it was unfortunately already time for us to say goodbye and we had to start the long journey home.

In the three days I was able to gain many new experiences, and I am already looking forward to participating again next year.

Julia Ettle, 9th Gup, TSD Menzelen/Germany

### Techniques Clinic in Au/Hallertau – Targeted Movement and Teaching Values

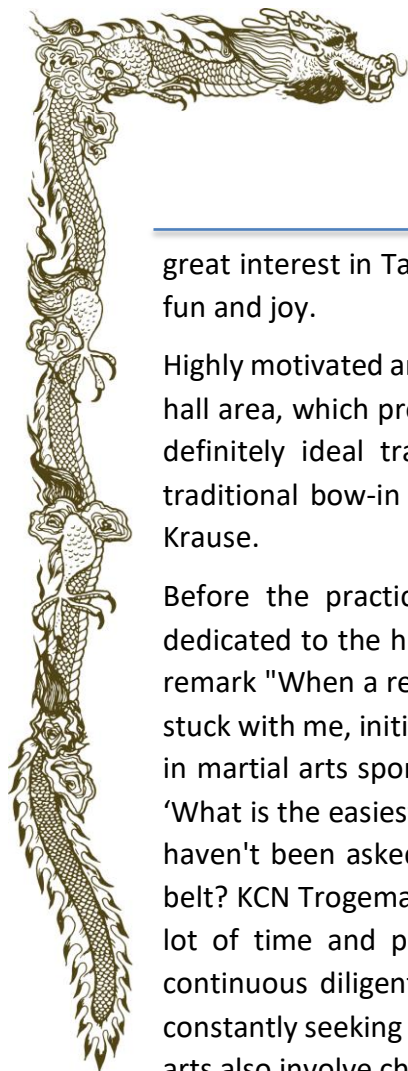
Tang Soo Do, infinite complexity and challenge; a journey of self-discovery with the goal of developing and continually improving one's physical, mental, and spiritual abilities. It was Saturday, June 22nd, 2024. The outside temperature was 17°C and rising. These were the adventures of the Zorneding 'Dragons', who traveled for about an hour by shuttle bus with their instructor Christian Fasold, Sam Dan, to Au in der Hallertau to explore new techniques, gain further insights and impressions, and make new friends at the local clinic. - Yes, well spotted! These are the correspondingly modified opening credits from Starship Enterprise. As a true Star Trek fan, I couldn't resist this little gag, of course.



When we arrived at the Hopfenlandhalle Au, we first had to change clothes. With neatly pressed Do Bohks and tightly fastened Dees – prim and proper, so to speak – we finally gathered in the stylish foyer, where we immediately pounced on

the delicious pastries and coffee provided (many thanks to the bakers and donors!) and were able to get a small overview of who had arrived. Based on the familiar faces and club logos, we quickly identified instructors and students from the studios Esting, Leitershofen, Neufahrn, and Rottal/Inn; not to forget, of course, the Tang Soo Do students from the host club Au/Hallertau. As always, there was a lively exchange in a friendly atmosphere. What amazed me most was the large number of children taking part. They bustled around us with squeals of delight, confidently presenting their color belts. It was nice to see that even the 'youngest ones' were already able to generate such a





great interest in Tang Soo Do, and that they approached this demanding martial art with so much fun and joy.

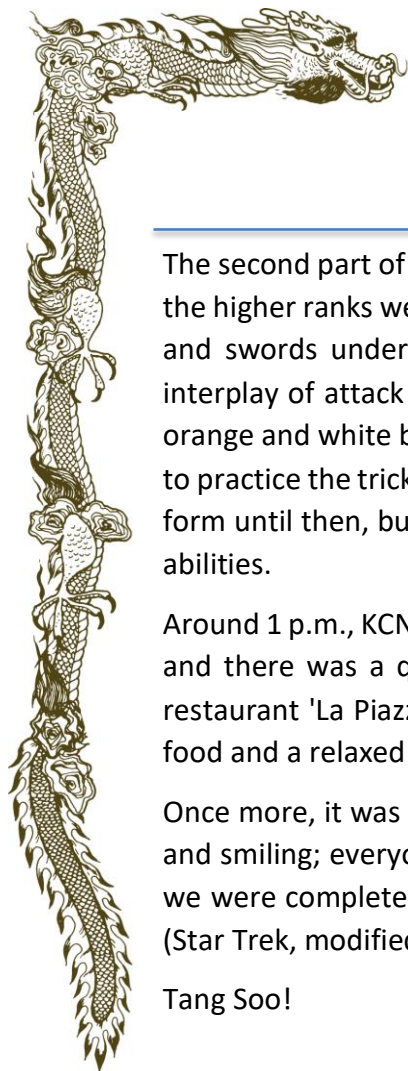
Highly motivated and full of energy, we proceeded with nearly 40 participants into the actual sports hall area, which provided optimal lighting and was pleasantly temperature-controlled; there were definitely ideal training conditions! At exactly 10 o'clock, according to their belt ranks, the traditional bow-in took place under the guidance of KCN Trogemann and Master Thomas Krause.

Before the practice sessions began, KCN Trogemann delivered an insightful opening speech dedicated to the highly important topic for him, 'Undesirable Rushing Through Graduations'. The remark "When a record-breaking Black Belt steps onto the mat and can't do anything" particularly stuck with me, initially causing a small smile. Unfortunately, the statement points to a serious issue in martial arts sports. The internet forums are filled with questions like 'What is the fastest...' or 'What is the easiest way to achieve a black belt'. And let's be honest, colour belts, how many of us haven't been asked by friends and acquaintances how long it will ultimately take to reach black belt? KCN Trogemann emphasised that a serious and committed pursuit of Tang Soo Do requires a lot of time and patience. One must painstakingly earn each successive rank or belt through continuous diligent practice over the years; it is a lifelong learning process. Boasting and egos constantly seeking recognition would be completely out of place. Besides physical maturity, martial arts also involve character or personal development.

Following this, KCN Trogemann briefly assessed the rank levels of the present Tang Soo Do practitioners and then decided to focus initially on the Hyungs. As long as feasible or permitted (i.e., "... up to the form of their current belt rank plus 1 for a sneak peek", as our instructor always says), the participants were allowed to train their way through increasingly complex movement sequences. At the same time, KCN Trogemann walked through the rows, checking to ensure that the executed step, strike, and kick techniques and sequences were performed correctly. As a green belt, after Pyung Ahn Sam Dan, it was finally time for me to step back, and I joined other Tang Soo Do students of the same rank to move to the rear of the gym. There, Master Krause had already taken charge of the orange and white belts, diligently practicing the basics with them. Needless to say, we joined this discipline immediately, as repeating these fundamental techniques certainly couldn't do us any harm.



During the short lunch break, our efforts were rewarded with drinks, fruits, and a savory filled giant pretzel. Additionally, the time was used to reflect on our experiences so far through fascinating conversations.



The second part of the clinic focused on the safe and targeted use of standard TSD weapons. While the higher ranks were able to demonstrate their skills in striking, stabbing, and blocking with knives and swords under KCN Trogemann, the lower belts concentrated on the movements and the interplay of attack and defense with the bong under the guidance of Master Krause. The 'young' orange and white belts in particular beamed with joy when, as a crowning finale, we were allowed to practice the tricky 'Sinawali' with Master Krause. I must admit, I wasn't familiar with this exercise form until then, but I also found it very enjoyable, and it considerably challenged my coordination abilities.

Around 1 p.m., KCN Trogemann concluded the clinic. The traditional closing rituals were performed, and there was a quick tidy-up. Afterwards, we Zorneding 'Dragons' headed over to the Italian restaurant 'La Piazza' in the neighboring town of Nandlstadt, where we ended the day with good food and a relaxed atmosphere.

Once more, it was a highly successful and incredibly diverse clinic, leaving all participants satisfied and smiling; everyone had trained together with so much joy and dedication. Indeed, once again, we were completely assimilated by KCN Trogemann and Master Krause; any resistance was futile (Star Trek, modified standard greeting of the 'Borg').

Tang Soo!

Stefanie Kotyla, 6th Gup, TSD Zorneding/Germany

### From the Point of View of a Trainer and Examiner

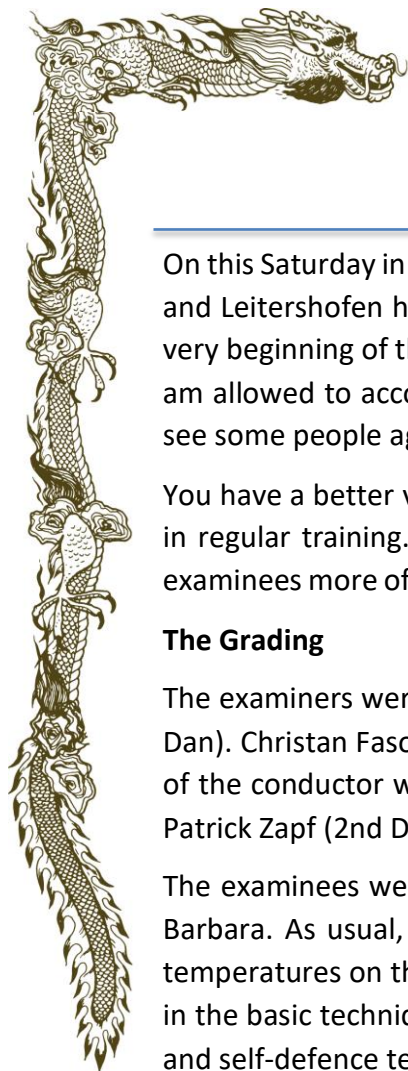
Gradings are usually challenging, some are important milestones of life that we have to work hard to achieve. We have to prove ourselves more and show that we have the necessary skills and stamina to reach this one special milestone. The Black Belt!

In Esting in the studio of KCN Trogemann on June 29, 24 students, five of them from my own studio, were called upon to face such a milestone. To take another step forward, towards the goal of becoming a Black Belt. Each colour belt test in itself is a partial step towards this goal.

As instructors, we design every training session in such a way that everyone can prepare for their upcoming exam. If it becomes apparent that the necessary requirements are met, the students can take an exam. Before the exam, we try to prepare in a targeted manner in order to achieve the best possible result in the exam.

In these venerable and traditional four walls in Esting, I have experienced some gradings over the years. Several times in my own gradings. Later many times as conductors, and now a few times as an examiner.





On this Saturday in Esting, the 24 examinees from the studios, Esting, Zorneding, Au-Hallertau, Solln and Leitershofen had come to take another step towards the Dan exam. Some of them are at the very beginning of their journey, others have almost arrived. For me, every exam, in whatever role I am allowed to accompany it, is just as exciting as it is for the examinees themselves. It's great to see some people again and again over time and to be able to experience their progress.

You have a better view of your own students personally and I already observe their developments in regular training. It is normal that there are ups and downs over time. I have also seen other examinees more often now and see how their developments are progressing. It's nice to watch this.

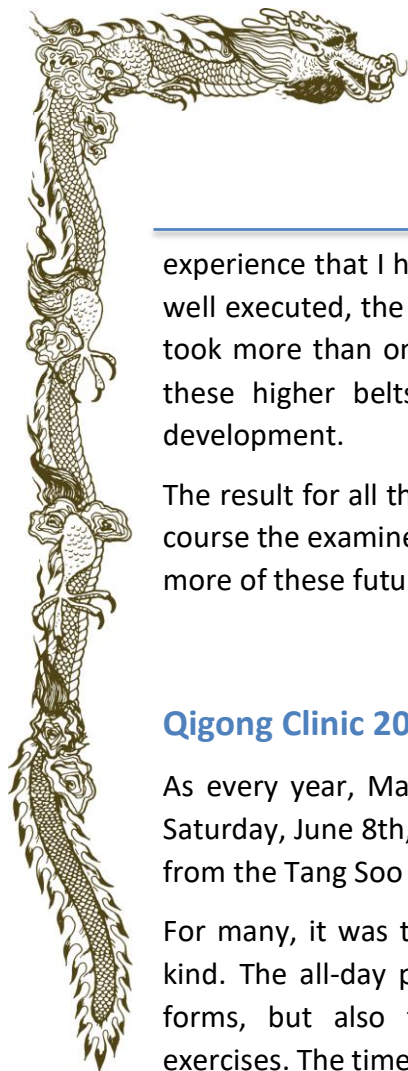
### **The Grading**

The examiners were Anna Steinmetz (3<sup>rd</sup> Dan), Thomas Schromm ( 3<sup>rd</sup> Dan), Alexander Schmid (3<sup>rd</sup> Dan). Christan Fasold (3<sup>rd</sup> Dan) and of course Grandmaster Klaus Trogemann (8th-Dan). In the role of the conductor we were supported by Barbara Steinmetz (2nd Dan), Oliver Stahl (2nd Dan) and Patrick Zapf (2nd Dan).

The examinees were divided into three groups by Master Trogemann. The first group was led by Barbara. As usual, she led the group through the exam with confidence. With the hot summer temperatures on this day, there was no need for an extensive warm-up. All showed a solid picture in the basic techniques, all hand and foot techniques were shown to us as desired. The hand, foot and self-defence techniques are always a very exciting part in exams. As an instructor, I experience the situation again and again that the individual techniques work well during the preparations. In the exam itself, then completely new and let's say interesting variations are shown or arise. Something that we as instructors have all experienced and observed with fascination. Theory and philosophy questions are, as always, the end of an exam. The students also showed that they had paid close attention in training and had taken a look at the Gup manual.

The second group was guided by Oliver, significantly increasing the pace in the warm-up and in the basic techniques. In the Estinger Studio, the temperature rose, but the oxygen content felt to decrease. The energy of the group tolerated this extra speed very well. All showed great and clean basic techniques. All hand, foot and self-defence techniques showed an increase corresponding to the belt, a development that could also be seen in the forms. The second group was also allowed to prove itself in free fighting and the breaking test. The theory and philosophy part was also done very well.

Group three accompanied by Patrick, just as routinely and confidently through the test. Patrick brought a few new and challenging warm-up exercises. Was there still oxygen in the room at that time? It was not only hot for the examinees, but also for us examiners and we sweated along. Already with the basic techniques it was evident that a further development has also taken place, beautiful and clean technique combinations were shown to us. In the forms that are already transitioning into the advanced Hyungs, we could also see a further development. Much fewer variations and much closer to the "red thread", I felt, the hand, foot and self-defence were shown. Therefore, no complaints. The third group, like group two, was allowed to show TSD techniques in action in free fighting and the breaking test. Not all boards and all techniques wanted to work. An



experience that I have had to make several times in gradings. Even if the intended technique was well executed, the board just doesn't want to give way. But for most of them it worked, even if it took more than one attempt! The theory and philosophy parts were of course demanding with these higher belts, not only the questions, but also the answers given showed the same development.

The result for all three groups is clear: all successfully passed! The audience, we examiners and of course the examined, were satisfied at the end of the exam. I am already looking forward to seeing more of these future Black Belts. Let's hope that you persevere, to achieve this goal!

Alexander Schmid, Sam Dan, TSD-Neufahrn/Germany

### Qigong Clinic 2024 in Esting

As every year, Master Klaus Trogemann offered an international Qi Gong course in spring. On Saturday, June 8th, the participants arrived at the studio in Esting. In addition to well-known faces from the Tang Soo Do, also an external guest from Pullach was present.

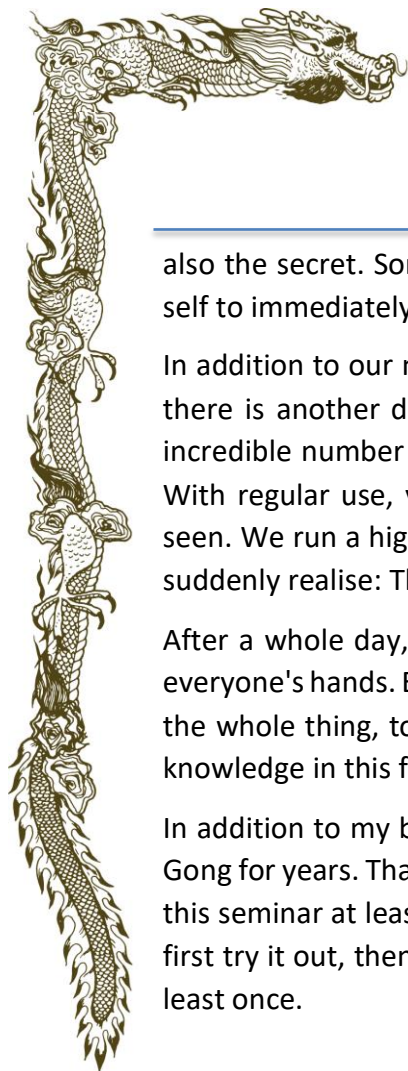
For many, it was the first seminar of this kind. The all-day program included many forms, but also theoretical things and exercises. The time in the morning went by very quickly. In a convivial atmosphere there was a lunch break, during which we also found time to get to know each other.

Then Master Trogemann started the afternoon program with more forms and exercises. In between, breaks were made, as we noticed how the individual perceived



changes in themselves. Legs became heavier, the Qi was charged, and bodies became tired. Together we discussed how to breathe properly, where the Qi centre is located and what regular Qi Gong does. Especially in the "Brocade" and "Five Elements Form", which is quite strenuous for beginners, you quickly noticed changes in your own body. Correct posture and breathing are enormously important. We also talked about the techniques on how we can adapt them into our martial arts. Especially different movements, as well as correct breathing is very important. From hour to hour, each participant noticed a certain inner peace. This, too, applied regularly may be a strange, but consciously induced feeling of well-being.

The world is so fast-paced, everyday life is just rushing. Within a short moment, you often have to make important decisions at work that can change a lot, possibly even your private life. Regular conscious breaks, targeted breathing and simply switching off, have become very important to me. This has even been noticed by my friends. I've become calmer and calmer over the last few years. But that didn't happen overnight. This process takes time. The recurring exercise, the regularity, is



also the secret. Someone who has done Qi Gong exercises once or twice cannot expect his inner self to immediately be clear. But you also have to like it and get involved with it.

In addition to our martial art Tang Soo Do, there is another door that opens with an incredible number of forms and exercises. With regular use, various overlaps can be seen. We run a higher form in training and suddenly realise: This is a breathing technique or this is a pressing stroke from Qi Gong.



After a whole day, filled with Qi Gong exercises, not only the feet tingled, but also the palms of everyone's hands. Everyone came to their personal achievement. We took our time to work through the whole thing, to reflect. At this point, many thanks to Master Klaus Trogemann. His extensive knowledge in this field is incredible.

In addition to my broken hip and recurring problems with my knees, I have been convinced of Qi Gong for years. That's why I can only recommend it. From my point of view, everyone should attend this seminar at least once. Afterwards, you can decide for yourself whether you likes it or not. But first try it out, then have an opinion! I hope that with this report I can encourage many to try it at least once.

Oliver Stahl, E Dan, TSD Solln/Germany

## Official Promotion of KCN Klaus Trogemann at the 2024 Master's Clinic in Switzerland



An exquisite accumulation of TSD Masters gathered from July 11<sup>th</sup> to 14<sup>th</sup> in Thusis in beautiful Switzerland, as well as invited Black Belts, to take part in this year's Master's clinic. It was a special pleasure to even have guests from Mozambique and Brazil, and also martial artists from Sweden, France, the Netherlands, the United Kingdom, Switzerland and Germany.

The days were filled with practicing higher forms and weapon forms, exchanging experiences and knowledge, learn from each other and work with each other. In the evenings lectures and speeches were held. KCN Klaus Trogemann gave a lecture on his high expectations of Masters and future Masters and the present and future of the TGTSDA, and made clear that everyone in the association has the responsibility to keep up the quality in the TGTSDA but also that everyone is held to





high personal standards. Also memorable was Master Jan De-Vry's speech about the motivation of being a TSD Master. Profound conversations and entertaining talks let the evenings end underlining the atmosphere of camaraderie and friendship.



On Saturday evening, after they had already spent an exhausting day of training, six Masters and Master candidates were chosen to be tested or pretested for 6<sup>th</sup> Dan to 4<sup>th</sup> Dan instructor respectively. In a demanding and challenging test the examinees not only showed their technical skills and physical fitness but they also had to answer questions of the board regarding their contributions to the association and how they see

their role as a TSD Master.

Undoubtedly the highlight of the event took place on Sunday. KCN Klaus Trogemann was officially promoted to 8<sup>th</sup> Dan Grandmaster. In a festive ceremony KCN John Dickinson handed over the belt and he also had a wonderful gift for KCN Trogemann: A handwritten banner. Master Andrew Ewing praised the Grandmaster's accomplishments in



in his personal life in an emotional speech. After a photo session in front of the spectacular scenery of the Swiss mountains, the Master's clinic came to an end with a delicious brunch in honour of KCN's promotion.



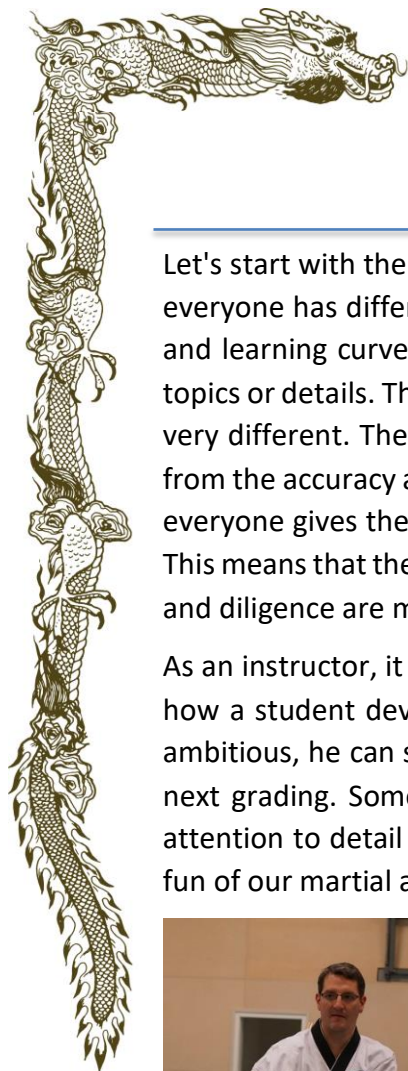
Congratulations Grandmaster Trogemann!

Tatjana Schwarz, Sam Dan, Bulsajo TSD, Senden/Germany

## What is a Tang Soo Do Practitioner?

Why does he get a Black Belt? He's not a real black belt at all! Maybe you have noticed or heard something like that in the context of a grading or at a belt ceremony.

But what is a real Black Belt? What is a real Tang Soo Do practitioner? What is a real martial artist? What is important? Does it depend on the belt grade that someone has reached at some point? Does it depend on how well the techniques are executed? With how much power are they executed? Or whether someone can use as many techniques and forms as possible?



Let's start with the accuracy and power of the techniques. It is important to take into account that everyone has different physical and mental requirements. Everyone has their own learning speed and learning curve. Everyone also has different times when they can absorb and process certain topics or details. Thus, the path and development of each Tang Soo Do practitioner is individual and very different. The accuracy and power of a technique that is the right one for one student is far from the accuracy and power that one can expect from any other student. It is more important that everyone gives their best corresponding to their possibilities and prerequisites and thus develops. This means that the accuracy and power of the technique is not decisive at all, but that commitment and diligence are much more important, as everyone goes through their individual development.

As an instructor, it is important that you always keep this in mind and always evaluate individually how a student develops. Even if someone is not yet technically clean, but is always diligent and ambitious, he can still develop further within the scope of his possibilities and thus qualify for the next grading. Sometimes you have to just be patient and should not be too precise. Too much attention to detail and demand for accuracy can quickly have a demotivating effect and spoil the fun of our martial art for students. And that's what it should always be about - fun.



Achim Brall, 25 years in TSD,  
20 years as an instructor

It is not about knowing as many techniques and forms as possible. It is much more about learning the new techniques and forms necessary for the relevant rank and constantly repeating, improving and further developing all the techniques learned so far. It is important to be patient and to first deal with the techniques and forms that are relevant to you.

It's also not about what belt level someone has reached at some point. It's about what you do in the here and now. It's about continuously developing and working on yourself, whether as a student or as an instructor.

A true Tang Soo Do practitioner is someone who is present, who practices continuously, works on themselves, tries to get better and better, passes on what they have learned, gets involved, preserves the Tang Soo Do and all that with fun in what you do.

Tang Soo!

Achim Brall, Sah Dan Master, TSD Issum/Germany

## PLEASE NOTE

The **TGTSDA newsletter** will be published periodically.

Please send text contributions and photos for the newsletter via mail to [Klaus.Trogemann@tgtsda.com](mailto:Klaus.Trogemann@tgtsda.com).

For more information about upcoming **TGTSDA events** please go to [www.tgtsda.com](http://www.tgtsda.com).



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Klaus Trogemann, TGTSDA editorial team