



Dear members of the TGTSDA!

Merry Christmas and a Happy New Year!

*With best wishes for your
health, luck, success and joy
with your family and friends*

from *Klaus Ingens* and family

*Hopefully everyone is doing well and
we all can celebrate the Christmas Holidays
together with our families in peace and quiet
without serious problems and Covid restrictions.*

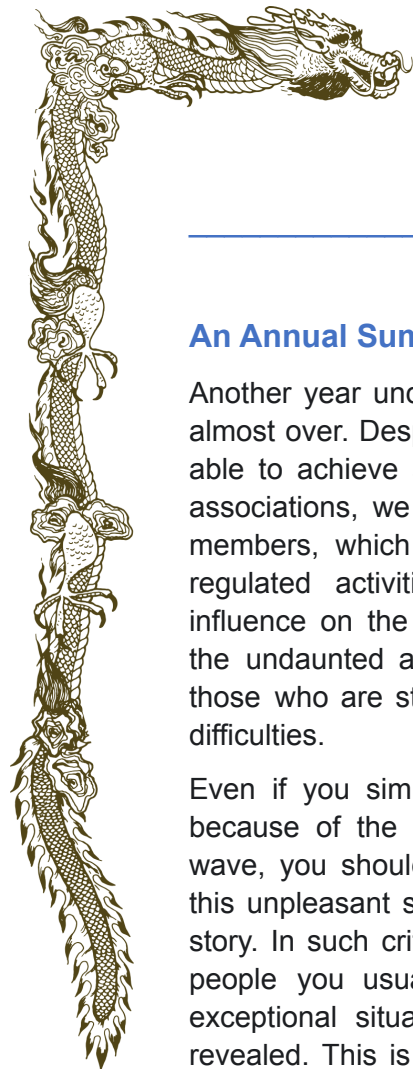
*Once again, thank you for your great work in the past year
and your friendly support!*

*I wish everyone a Happy New Year!
May all your wishes come true
and let's all hope for good news in 2022!*

Hope to see you soon!

*Frohe Weihnachten - God Jul - Joyeux Noel - Buon Natale
Merry Christmas - Boas Festas - Feliz Navidad - Prettige Kerstdagen -
Vrolijk Kerstfeest - Mutlu Noeller*

*메리 크리스마스 - 聖誕節快樂 - メリークリスマス
С Рождеством - عید عید عید - חג המולד שמח*



An Annual Summary

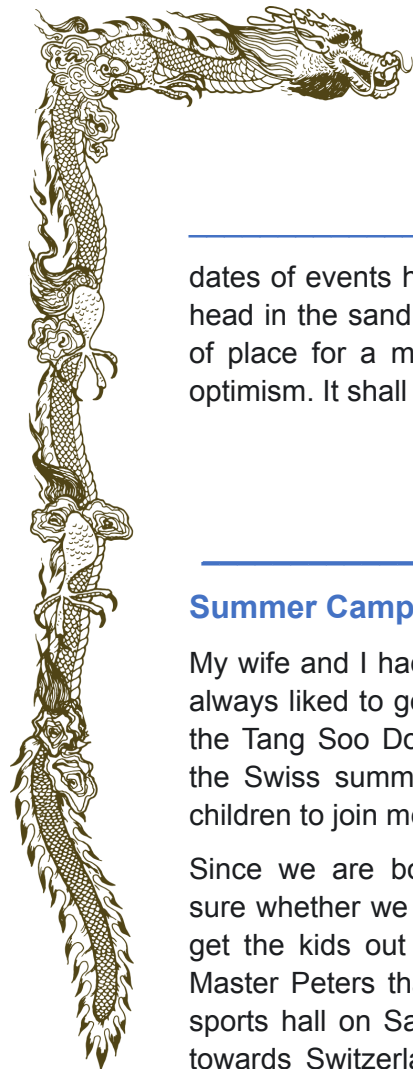
Another year under the influence of the Covid pandemic is almost over. Despite all the associated adversities, we were able to achieve a lot in our association. Like many other associations, we have to live with a temporary decline in members, which inevitably comes with the restrictions of regulated activities. Of course, this also has a great influence on the respective instructors. This reaches from the undaunted and self-motivated to the despondent and those who are starting to give up because of the ongoing difficulties.

Even if you simply cannot see an end to this pandemic because of the current 4th Corona or soon looming 5th wave, you should still try to get something positive out of this unpleasant situation. There are always two sides to a story. In such critical situations, you really get to know the people you usually have to deal with a little better. In exceptional situations, the true faces of the people are revealed. This is already known from the stories from our recent past, to mention only the times before, during and after the two world wars, whose effects on the people living in this time were even more drastic. As a result, the affected people drew an important conclusion: egoists usually perish and those who stick together and are there for each other could persevere, defend themselves and survive these bad times. We have to accept and come to terms with it, as well as living with the fact that there are those who oppose vaccinations and the other extreme, the hypochondriacs. In between, there is the majority who can come to terms with the particular circumstances of this pandemic without falling from one extreme to the other. For me, it is important to show responsibility for our fellow human beings and also take responsibility for ourselves and do everything possible to defeat and eliminate this sword of Damocles, Covid, which hovers over us, as soon as possible - and this might as well be the immunization through vaccination!

What could these experiences from the past tell us today? Let us use the virtues that the philosophers from ancient China wrote on their banners thousands of years ago, such as perseverance, persistence and to continue unswervingly. For us as martial artists, it means never giving up and always moving forward despite all the difficulties that exist. There is always another morning and the sun will rise again. A night is followed by another day and rain is followed by sunshine. Seven lean years are followed by seven fat years, as it is already written in the Old Testament. So nothing new. Unfortunately, only dealing with unusual situations turns out to be something tremendously difficult for many. In such situations, our mind is strengthened as martial artists. Let us all stick together and walk through this valley together and look forward to the future with confidence.

Look what was achieved in the past year 2021 despite all the turmoil! The studios were able to start their classes again. Gup and Dan exams could take place. Clinics could be held. Meetings were held. Of course not as desired, but at least a part of it and that already something! Important





dates of events have already been set for the coming year. You just have to plan and not bury your head in the sand. Without planning, nothing will be possible. A negative pessimistic attitude is out of place for a martial artist. Soon there will be another Christmas, a celebration of peace and optimism. It shall bring us a peaceful and a healthy New Year 2022. Tang Soo!

Sah Bum Nim Klaus Trogemann

NEWS AND EVENTS

Summer Camp in Switzerland

My wife and I had been planning to attend the Swiss summer camp for a long time. Every year we always liked to go to the camp in Taching am See. My wife likes to come along because she likes the Tang Soo Do community and I like to go because of Tang Soo Do and the comradery. Since the Swiss summer camp should be the counterpart to this, I was able to motivate her and the children to join me.

Since we are both fully employed and were not sure whether we could finish work early and could get the kids out of school early, I discussed with Master Peters that we would come directly to the sports hall on Saturday. So we were able to head towards Switzerland with our motorhome without any pressure with the whole family on Friday after work/school. After about five hours we arrived in Singen and spent the night there in a parking lot. Well rested and after a small breakfast we went to the gym. After about 10 minutes we arrived in Hemishofen. We were warmly welcomed by Master Peters.

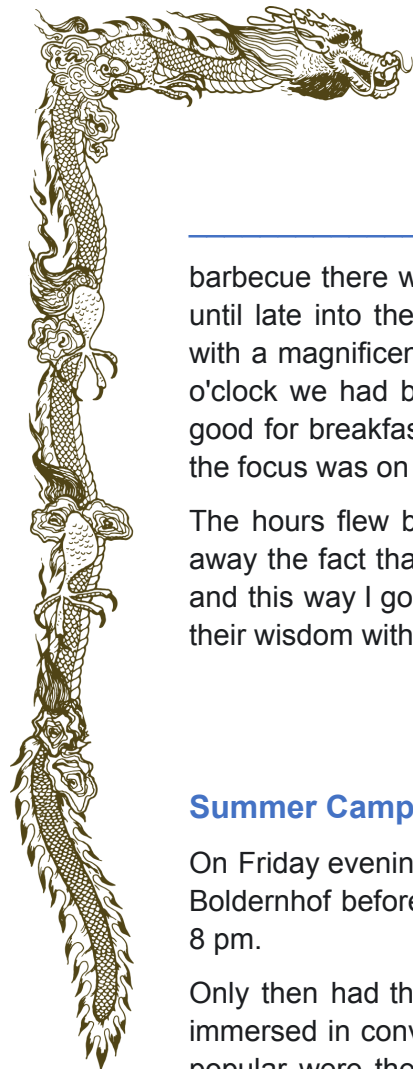


The clinic began with a short speech by Master Trogemann, in which the Tangs Soo Do etiquette was particularly emphasized. The warm-up was quite exhausting! But maybe you can say that after 150 push-ups, squats and situps. The focus this Saturday was to learn the new forms. I was taught the new form Bassai Cho slice by slice (always five movements). I felt honored to be taught this form by Master Trogemann personally. It was the advantage that there were not many higher-ranking martial artists, so I only needed to share his attention with a 3rd Dan. Master Peters supervised the other 13 students. As I have seen, they also enjoyed themselves very much. The four hours passed really quickly.



After the training we met at the Bolderhof. Since we are well equipped in our motorhome, we had a little snack. Around 3 pm we checked in at the Bolderhof. The toilet, showers, and breakfast room were shown to us. We took a look around the Bolderhof and the children immediately found companions.

In the afternoon we visited the city of Stein am Rhein and concluded the sightseeing tour with delicious ice cream. Back at the Bolderhof we could talk shop a bit before dinner. For the



barbecue there was plenty of meat, which was freshly grilled, grilled cheese and salads. We talked until late into the evening and then went to bed. The next morning there was a beautiful sunrise with a magnificent view over fields and hills. I had to unpack my chair and drink a nice coffee. At 8 o'clock we had breakfast. My wife took cheese from the farm shop with her, as it had tasted so good for breakfast. Shortly after half past nine we drove to the gym. On the third day of the course, the focus was on self-defense and break falls.

The hours flew by and we all had to say goodbye and go home. For my part, I was able to take away the fact that the Swiss summer camp has a different charm than the Taching am See camp and this way I got the chance to get to know my masters and trainers in a smaller circle and to take their wisdom with me on the way.

Pierre Selig, 1. Gup, TSD Rottal-Inn

Summer Camp in Switzerland II

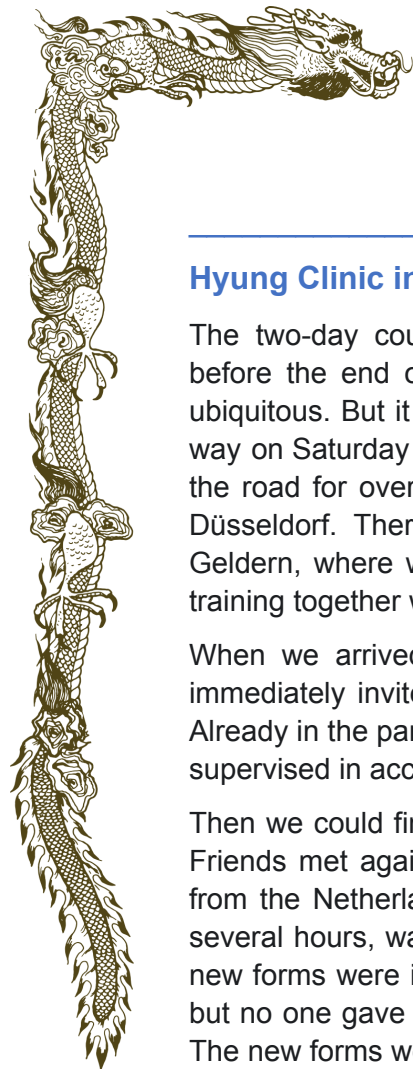
On Friday evening after school or work, the participants came to Hemishofen and checked in at the Boldernhof before making their way to the gym, where Master Trogemann led the training from 6 - 8 pm.

Only then had the participants earned a spaghetti buffet at the Boldernhof. While the adults were immersed in conversations, the children enjoyed the various opportunities to play on the farm. Very popular were the trampoline and the go-carts. One would not have noticed that they already had had an exhausting training two hours before, they still had so much energy! However, when they had to go to bed later in the evening, they all seemed very tired and soon fell asleep. Some spent the night in the mattress camp, while others spent the night in the straw.

In the morning, just before seven o'clock, it was still very fresh when the first ones slipped out of their sleeping bags to prepare for Tai Chi class. This session ended with a meditation in the warming sun. This is always a good way to start the day. Afterwards you could help yourself to the morning buffet. At 9 o'clock it started again with a strict warm-up. Those who had eaten too much now felt it in the many exercises for the core and the rest of the body. Today even a family from Germany had arrived. After the warm-up we started the training with all color belts and Black Belts. Only later we were divided, so that the highest ranking could learn the new forms, while the color belts also enjoyed themselves. Master Trogemann took over one group and Master Peters the other. Those who continued to practice their forms during the breaks benefited from more feedback from Master Trogemann. After four hours of intensive training, you could rest on the farm in the afternoon or join the group that went to Stein am Rhein. During the barbecue for dinner, we enjoyed being together and exchanged ideas. The children later were allowed to go feed the chicken and collect eggs.

Sunday morning started again with Tai Chi and meditation and later another three hours of educational training followed. Tired after the strict training, we said goodbye and everyone was heading home again.

Leanna Schoch, Sam Dan Bo, TSD Hinwil



Hyung Clinic in Alpen/Germany

The two-day course takes place every October in Alpen/North Rhine-Westphalia. Until shortly before the end of October, no one knew exactly whether it would work. Covid continues to be ubiquitous. But it worked. The official permit was granted. So Master Trogemann and I were on our way on Saturday morning at 6.30 am. If you don't know the route, it should be said that we were on the road for over seven hours. First we took the S-Bahn to Munich, then the ICE via Cologne to Düsseldorf. There we changed trains. With the InterRegio we went to Duisburg and then to Geldern, where we were picked up by car. Seeing all the friends from the north again and then training together was very nice.

When we arrived on Saturday at about 3 pm, we quickly went to our rooms and then were immediately invited to dinner. After that we prepared our equipment and were taken to the gym. Already in the parking lot our vaccination status was checked and from then everything was exactly supervised in accordance with the corona rules.

Then we could finally start. After we were all gathered in Do Bohks, the welcome was very warm. Friends met again, finally after such a long time. There was a lot to talk about. Two participants from the Netherlands had also come especially for the clinic. The training, which extended over several hours, was extremely varied and interesting, but of course also exhausting. All higher and new forms were intensively discussed and practiced. It was indeed a mental challenge for all of us, but no one gave up. Everyone helped each other, according to the motto "Practice makes perfect". The new forms were especially repeated for a long time.

The cohesion in the north is enormous. Even after the training I experienced a very warm hospitality and helpfulness. Who drives whom where? When will who be picked up where? A great team! We met for dinner in the local restaurant and chatted until after midnight.



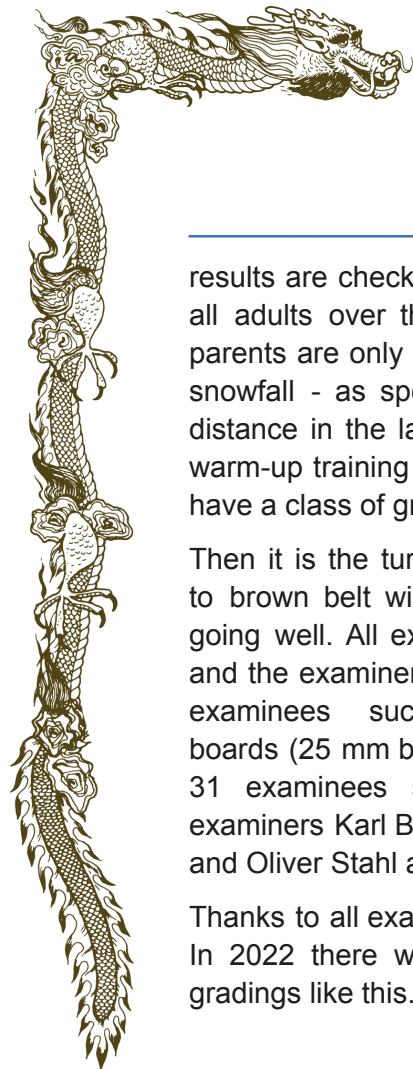
The next morning we continued. A short warm-up and then the weapon forms were on the agenda. Bong, knife, sword alternated. This is where everyone's interest was all the more evident. Again and again Master Trogemann had to explain passages or positions and repeat them. But it was worth it. I think that each participant was able to take at least one or two forms with them. The efforts had paid off. After a leisurely

lunch in the Croatian restaurant, we were driven to the train station and went home exhausted but satisfied. It is different to talk to someone in person than just by phone or WhatsApp or Skype. I can only tell everyone that the trip is always worth it.

Oliver Stahl, E Dan, TSD Esting

Grading in Solln/Germany

As at the end of every year, the Tang so Do students from Solln are looking forward to their Cup grading. 2021 under Corona Conditions. At 8.30 a.m. the first examinees arrive with and without their parents. Right at the entrance, the hands are first sanitised before the certificates and the test



results are checked at the corona test station. G2+ (vaccinated or recovered and tested) applies to all adults over the age of 18. Only then they go on to the grading registration. Unfortunately, parents are only allowed to watch their kids at the grading from the outside - at 1 degree and light snowfall - as spectators are not allowed this year. A total of 31 students stand with sufficient distance in the large hall of the TSV Solln. The test starts with 13 Samurang Kids, who pass the warm-up training and their Hyungs in their own dynamics with flying colours. You have to say: we have a class of great young people here in Solln!

Then it is the turn of the higher Gups up to brown belt with stripes. Everything is going well. All examinees give their best and the examiners are satisfied. Also the examinees successfully break their boards (25 mm boards) and at 12.15 p.m. 31 examinees stand in front of their examiners Karl Bittnar, Thomas Schromm and Oliver Stahl after successfully testing.



Thanks to all examinees, the examiners, the parents and all those who made this grading possible. In 2022 there will be Tang Soo Do courses in Solln again and we hope for more successful gradings like this.

Rainer Unsöld, 6th Gup, TSD Solln

Gup Grading in Menzelen/Germany

After a long and exhausting year due to the corona situation, it finally was possible to resume training. For the kids started after the summer holidays and could see that the motivation had not disappeared after about ten months of lockdown. Consequently, this should not remain unrewarded and so 13 examinees were allowed to the first official Samurang Kids grading of the TSD Menzelen in our new association TGTSDA. The previous system of the Tiny Tiger and Little Dragon has been adapted to the new requirements, especially the Ki Cho Hyungs. The corona restrictions required by "2G" in North Rhine-Westphalia also enabled the parents to attend the grading.

After two and a half hours of various tasks, it was finally done. In addition to practicing the different stances, Pahl Put Ki variants, blocks, punches and kicks, it was time for Hyungs. While not every spin was correct, and not every technique on the right height, the etiquette in bowing and greeting the grading partner at Il Soo Sik and Ho Sin Sul was outstanding. After a short theoretical phase, the breaking test was the last hurdle that everyone had to master. In the end, the six examiners present were finally satisfied.





A not often communicated aspect of a grading is also the ability not to take an opportunity away from the active in the time in which you do not actively prove your skills. For the children, it was a long period in which they were able to show what "sitting still" means, which the children proved in this grading – much to the delight of the parents!

As the coach of the wild bunch that should become this great community, it is nice to see that in Tang Soo Do decency and respect is still one of the most important aspects. Even after ten long years in children's training, it is always a pleasure to be able to witness the progress. So I had the honor of attaching the new stripes to the belts and seeing the radiant faces when the process was repeated thirteen times. It is exciting and fulfilling that the youth wants to learn the old traditions and will – hopefully – carry them into the future. Contributing to this process is also part of the Tang Soo Do training.

Lars Janßen, Cho Dan Bo, Stefan Walter, E Dan, TSD Menzelen

Ela-Zehra's way to Tang Soo Do



My name is Ela-Zehra Karal and I am twelve years old. My current belt color is green and since autumn 2017 I also belong to the Tang Soo Do family. My sister's name is Mina Karal, she is seven years old and her current belt color is white with a stripe. She has been part of the Tang Soo Do family since spring 2020.

My path to Korean martial arts was paved during the summer holidays 2017 via an article by TSV Neufahrn. My mom read the report and was very enthusiastic and so I started with Tang Soo Do. Together with my mom we first watched a training session and found it great and so I immediately signed up for the next lesson of Tang Soo Do.

Of course, it was very difficult for me at the beginning to learn the techniques and practice them in the right order. I also learned that a high degree of concentration is also necessary. I learned in every lesson how the students are taught that it is important to respect teachers, parents and other people and above all also themselves. I have also noticed that this is a central point in martial arts and that respect promotes understanding of the value of each person. By learning fighting techniques, I have learned about my physical strength and how to deal with threatening and demanding situations.

The rank motivates me and my sister to work towards the next level. This way, we learn how to set a goal and achieve it in the end. This is how setting goals becomes a habit. Of course, this also helps us a lot at school and of course motivates us a lot. My mom always tells us, if you really want something and work for it, you can achieve it. We already believe that we will have lifetime benefits, that our empathy and mental health will be strengthened by Tang Soo Do.

Of course, we are also very happy that we have such great instructors that motivate us even if we are sometimes in a bad mood or do not want to train or are afraid of exams. My sister and I are very happy that our path crossed the Tang Soo Do path.

Ela-Zehra Karal, 8th Gup and Mina Karal, Samurang Kid, TSD Neufahrn

Thank you, dear Ela-Zehra, for your great article! It was a pleasure to read about your journey!



First Official Master and Black Belt Course in Neufahrn/Germany

At the beginning of November, our first Master and Black Belt clinic took place in Neufahrn near Munich. Sam Dans, Masters, as well as state representatives and members of the board were invited to the master clinic, and on Friday all black belts were invited to the black belt clinic. Participants from all over Europe came, including from the Netherlands, Sweden and Switzerland.



International Senior Master Klaus Trogemann, Master Jan de-Vry, Master Stefan Peters, Master Hanifi Dolu and Master Christian Preiss shared their knowledge with the black belts. Thank you also to all Sam Dan instructors who did a fantastic job teaching forms, self-defense, one-step techniques and weapon forms. Leonidas Kalojanidis, as so often before, organised the gym, the food and the hotel in the background, so that everything could run smoothly.



In addition to the training sessions and board meetings, lectures on various topics were also scheduled, which were also attended by interested participants. Of course, the comradery could not be neglected and so the participants enjoyed spending their evening with delicious food, good conversations and a lot of fun in a wonderful community.

A highlight of the event was for sure the grading of the masters on Thursday evening. Over three hours, the candidates and masters were tested and could prove not only physically but also mentally that they are ready for the next step in their Tang Soo Do life.

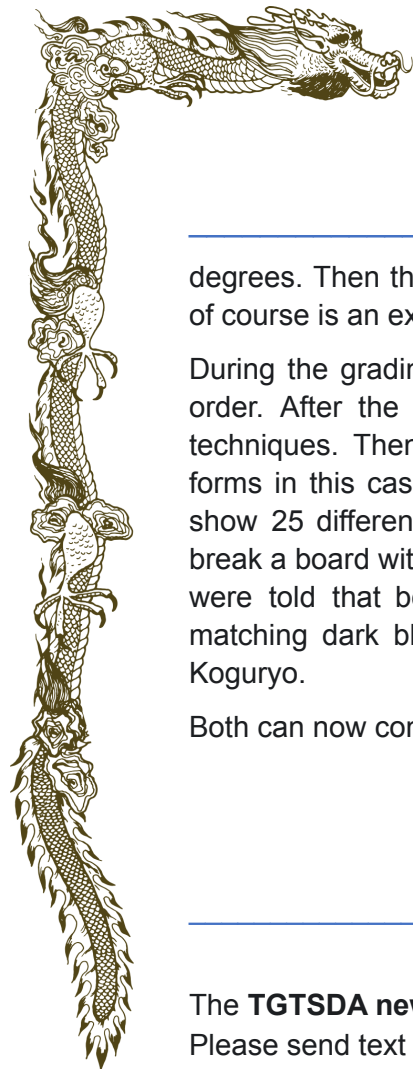
All together, a wonderful event! The realisation and success is based on the tireless work of Master Trogemann. Thank you very much for that! Tang so!

Tatjana Schwarz, E Dan, Bulsajo TSD

Grading at the Koguryo Dojang/Netherlands

On Saturday, October 30, 2021, the first Dutch black belt exam took place. Under the flag of the TGTSDA in the gym of the MFC Op Expeditie in Blerick. The event was organised by dojang Koguryo, which uses this gym on Tuesday and Thursday evenings to teach Tang Soo Do.

From Koguryo there were two candidates who participated in the exam. Starting as white belts, regularly coming to the training sessions in the fight with themselves, to improve, then successfully participated in nine Gup gradings, father and daughter had to go through all the steps for Gup



degrees. Then they continued to train to meet the new requirements, mastering techniques, which of course is an extra challenge due to the Covid crisis!

During the grading, which started with a theoretical test, various components were added to the order. After the warm-up it was time to show the different hand techniques, followed by foot techniques. Then both had to perform all hyungs from white belt to Cho Dan Bo, and weapon forms in this case with the bong. Then the one-steps were required where the candidates had to show 25 different hand and foot techniques. The last part was the breaking, where they had to break a board with both hand and foot technique. After completing the grading, father and daughter were told that both passed the grading, and had now reached the rank of Cho Dan Bo. The matching dark blue belts were awarded to father and daughter by their instructor from dojang Koguryo.

Both can now continue training to take the next step, the black belt!

Kees Mommers, Sam Dan, Dojang Koguryo

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.

For more information about upcoming **TGTSDA events** please go to www.tgtsda.com.

IMPRINT

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