

,Ego' in Tang Soo Do seen from a different perspective

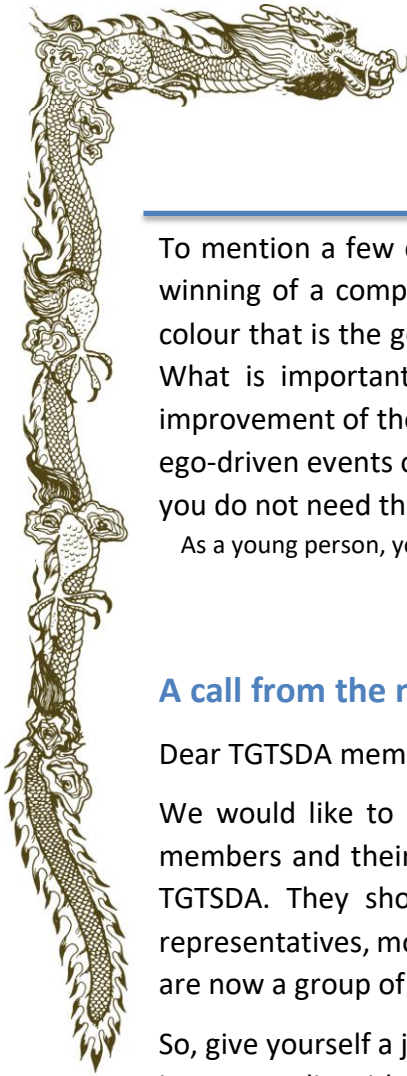
According to the great psychoanalyst Sigmund Freud, the instinct for recognition is one of the three basic pillars of the human psyche, along with the instinct of self-preservation and the sex drive. What does the instinct for recognition have to do with the concept of ego? Here's a general short description of the appearance 'Ego':

The ego is a false image of oneself, an illusion that one has cobbled together in one's own head. One always acts according to one's self-formed ego. The larger and more rigid one's own educated ego is, the faster one feels hurt and attacked by external impressions and the less one has the opportunity to break out of this corset and react to something that does not correspond to one's own self-image.

An approach to this is to make one's self-portrait more fluid. In other words, to crack it open and enable new ways of acting. To do this, you inevitably have to leave your comfort zone and do things that go beyond your own previous framework and do not correspond to your own limited rigid self-image. The more fluid your own self-image becomes, the more opportunities you get to develop yourself. If one manages to let go of one's own restrictive ego completely, one can achieve an unimpaired freedom in a positive sense as the ultimate goal. To transfer this knowledge to the personal self-portrait not only in general, but also in application to the understanding of martial arts, will be attempted below.

When a person starts with a new activity, for example the martial art Tang Soo Do, the actual true intention must first be questioned. Is this done for the pleasure of pure activity, out of interest in this matter or is there a certain subliminal prestige thinking? One can roughly distinguish between the pure joy of doing the new activity and the positive progress achieved for oneself and shining in front of others and pushing oneself to the fore. As is so often the case, many people start something and quickly lose interest because the opportunity to shine in front of their peers does not arise to the extent that they originally intended. For some, this is the competitive successes achieved with the medals and trophies, for others it is the skills acquired in the forms learned in their martial arts. With both, you can bathe in the admiration of those around you. Sooner or later, however, this admiration fades and one constantly strives for the repetition of this feeling. It takes years to realise that this feeling of recognition by those around you actually reveals your weakness in yourself and your self-image. Such individuals are not aware of this weakness. Those who manage to free themselves from it over the years and more and more attain the attitude or come to the realisation that says: You know what you are able and not able do and you don't need to prove it to anyone anymore. This way of thinking is freed from the self-knitted, restrictive ego.





To mention a few examples: Participation in a competition is the most important thing, not the winning of a competition or the recognition of a victory. It is not the rank achieved or the belt colour that is the goal; to the person freed from the restrictive ego, both things are unimportant. What is important for this person is the learning growth gained and the development and improvement of the own personality. You can stay confidently in the background and observe the ego-driven events of the environment attentively and understandingly. You are what you are, and you do not need the constant attention and admiration of your environment.

As a young person, you first have to go through many ups and downs before you realise over the years what honest admiration by those around you means and also what honest admiration means in general.

KCN Klaus Trogemann

A call from the newsletter team

Dear TGTSDA members around the globe!

We would like to express once again that for a successful newsletter, contributions from the members and their studios are the most important! This also applies to all the countries of the TGTSDA. They should also find themselves in the TGTSDA newsletter. Please, dear country representatives, motivate your students -or yourself - to contribute to our newsletter. After all, we are now a group of 15 countries from five continents!

So, give yourself a jolt and share your reports about belt exams, club festivals or the visit of guests in your studio with us! A short report with a photo would very welcome!

We would like to thank the diligent writers who supported this newsletter and look forward to your news for the next newsletter.

Sincerely,

Your Newsletter-Team

NEWS AND EVENTS

Master's Seminar in Esting

The year 2024 had another course highlight to offer: The master clinic on December 7th, 2024, in Esting with Grandmaster Klaus Trogemann.

We were seven participants (Master and Senior Sam Dans) from all over Germany and Switzerland. At the beginning, the ceremonial promotion of 4th Dan Instructor, Gareth Peters, took place. Congratulations!





After that, Grandmaster Trogemann devoted himself to the analysis of the various high Hyungs, with and without weapons, and took a lot of time for the exact explanations of the movements and thoughts behind the individual elements of the Hyungs. Together we spent beautiful and instructive hours under the watchful eye of the Grandmaster.

After the training, a delicious snack followed before the annual general meeting of the DTSDV e.V. began. Many thanks to Grandmaster Trogemann for this great seminar on behalf of all participants. We are looking forward to next year!

Christian Fasold, Sam Dan, TSD Zorneding/Germany

Experience Report as a Participant in a TGTSDA Exclusive Seminar

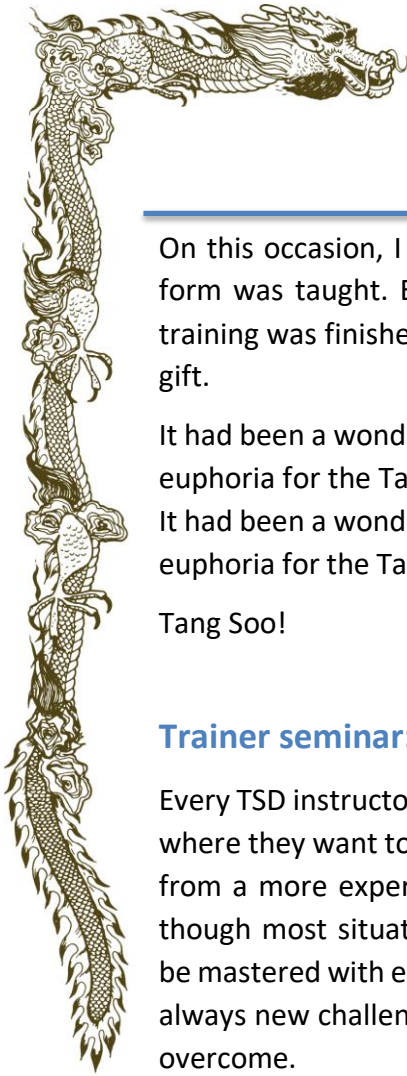
This was a special introductory seminar for two traditional Taekwondo masters from Austria, who have expressed a serious interest in learning the traditional Tang Soo Do of the TGTSDA in the future. Ruben and Désirée De Cillia from Mödling in the Salzkammergut are holders of higher Dan degrees and have had their own school in Mödling for many years. They have been taking part in training at TSD Rottal/Inn for a long time. Each time they took the long drive of about three hours each to Kirchdorf. In order to get to know each other better and personally, they then arranged a special training session of several hours with KCN Klaus Trogemann in his studio in Esting.



I joined by chance and unintentionally had the unique opportunity to attend such an unusual training. The form of the training was different from the one you are used to from KCN Trogemann at the TGTSDA courses. So I showed up expectantly at Studio Esting on the morning of January 5th. I was curious to see what would await me there with two Masters from Austria. To my amazement, the two modestly appeared as white belts for training.

After a short introduction, KCN Trogemann went straight to training. I had the honour of acting as a conductor. First, the already learned TSD forms, such as the Ki Cho Hyungs, the Sae Kye Hyungs and the Pyung Ahns, were examined. In the process, the existing technical and physical requirements came to light. Although the two guests did not have much experience in Tang Soo Do, they brought in valuable elements from traditional Taekwondo. This made it easy for them to get used to the topic of this special training.

After a short break, which served for relaxation and also for informative exchange, our guests were taught the Bassai Dai as a new form. With the many repetitions of the individual sequences, it was helpful for them to orient themselves to my sequence of movements. KCN Trogemann explained the historical and philosophical background of the Bassai Dai and what we should pay attention to.



On this occasion, I was able to learn a lot for my own better understanding. Then the first bong form was taught. Everyone was very committed and enthusiastic. After about three hours, the training was finished and Ruben and Desiré each received a TGTSDA T-shirt and a TGTSDA cup as a gift.

It had been a wonderful seminar for everyone present and we were able to start the new year with euphoria for the Tang so Do! The visit was rounded off with a visit to the local Chinese restaurant. It had been a wonderful seminar for everyone present and we were able to start the new year with euphoria for the Tang Soo Do! The visit was rounded off with a visit to the local Chinese restaurant.

Tang Soo!

Yao Wang, Cho Dan, München TSD Solln/Germany

Trainer seminar: further development and exchange

Every TSD instructor comes to the point where they want to get valuable advice from a more experienced coach. Even though most situations in training can be mastered with experience, there are always new challenges that need to be overcome.



The association's annual instructor seminar offers a good opportunity to expand one's own knowledge and exchange ideas with other coaches. They are an important platform to benefit from the experiences of the friends and to gain new perspectives for coaching practice. It is joint learning with constructive discussions.

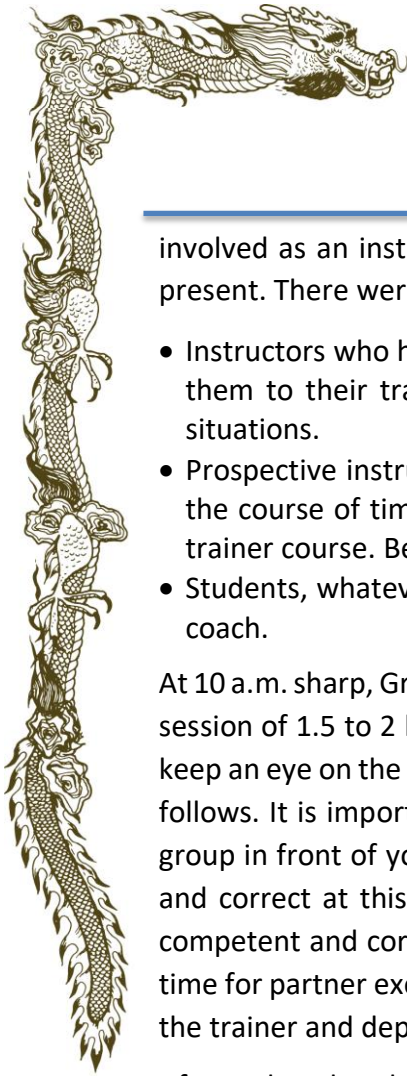
The aim of the instructor seminar is to expand one's own knowledge and to put what has been learned into practice. Topics such as sensible time management, the teaching of TSD standards, dealing with different target groups and communication in the dojang are just as much a focus as the motivation and leadership of the students. It teaches how to develop oneself as a coach and at the same time responsibly fulfil the role as a representative of the association.

Many thanks to Grandmaster Trogemann, who always has an open ear for the concerns of the participants and actively seeks suitable solutions.

Alexander Schmid, 3. Dan, Tang-Soo-Do Neufahrn/Germany

Instructor Seminar 2025 in Esting

In recent years, I have been asked again and again, by students as well as parents, who trains the instructors. How do the instructors know if they are doing everything right, and what is their appearance in front of the students? There is a clear statement on this: Anyone who is actively



involved as an instructor cannot avoid this seminar. This year, 13 (prospective) instructors were present. There were three groups of participants:

- Instructors who have many years of experience and always want to take new ideas and tips with them to their training. At the same time, they can exchange experiences and clarify certain situations.
- Prospective instructors who are to take on a coaching role in their club in the medium term. In the course of time after the instructor course, they will also acquire the trainer licence via the trainer course. Because not every black belt is a trainer the same.
- Students, whatever their belt level, who simply want to "get a taste" of the role and tasks of a coach.

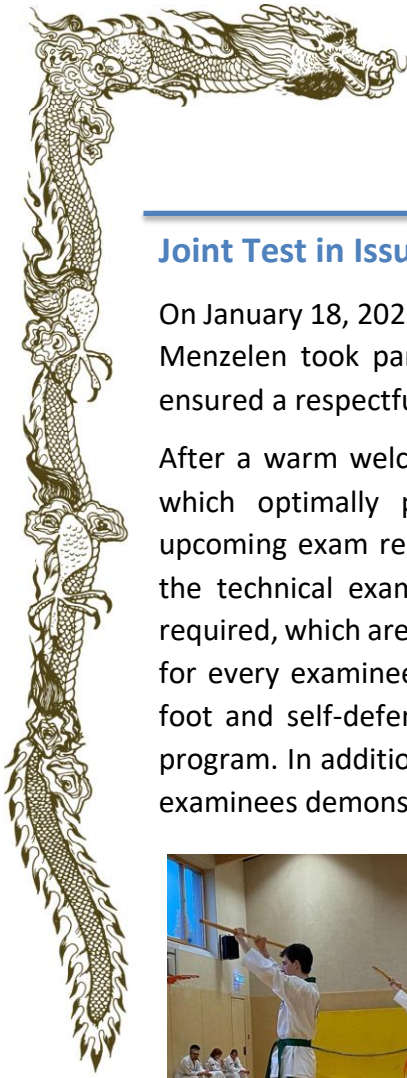
At 10 a.m. sharp, Grandmaster Trogemann began with the theory part. We discussed how a training session of 1.5 to 2 hours should be divided. This showed how important it is as a coach to always keep an eye on the clock. After the warm-up, the part of the basic techniques and the forms usually follows. It is important to pay attention to whether you have a homogeneous or heterogeneous group in front of you. The age of the students also plays a major role. The coach should mediate and correct at this point and not train himself. The coach must be able to appear serious and competent and correct serious mistakes immediately. In the last third of the training session, it is time for partner exercises. Whether mitts are used, or self-defence is trained is at the discretion of the trainer and depends on the group.

After a short break, children from the studio in Esting came, surprisingly for some. From the group of participants, the grandmaster divided the students, regardless of rank, who then always took over the conducting for 15 minutes, showed techniques or taught one-step techniques. It turned out for almost all of them that being a coach is not so easy. All coaches gave their best and GM Trogemann was satisfied with the performances. He then again had all the children train and showed how he conducts a training session. With clear and short instructions, all the children were able to follow him.

In the third part, the follow-up of what has been learned, was next. It was about how to come across as convincing as a coach. Appearance plays an important role in this. In addition to the military drill and the laissez-faire style, there is also the friendly style. The students should have fun and come back. Not everyone is born a coach. Some are introverts, some extroverts. This section of the course in particular tries to give you solutions and you pick up ideas for your own training.

Together we realized that it is important to come together again and again and to know and recognise mistakes as a coach. It is important to learn from it and tell others about it. Each instructor course is different. If someone thinks he knows everything and has seen and heard everything, he is mistaken. All instructors should attend this course regularly.

Oliver Stahl, Sam Dan, TSV Solln/Germany



Joint Test in Issum/Germany

On January 18, 2025, a Tang Soo Do grading took place in Issum, in which students from Issum and Menzelen took part to show their skills. The event followed traditional TSD etiquette, which ensured a respectful and fair atmosphere.

After a warm welcome and a short warm-up phase, which optimally prepared all examinees for the upcoming exam requirements, we went directly into the technical exam. Different Hyungs (forms) were required, which are a fundamental part of Tang Soo Do for every examinee. Il Soo Sik and Ho Sin Sul (hand, foot and self-defence techniques) were also on the program. In addition, there were Soo Ki (hand techniques) and Jok Ki (foot techniques), which all examinees demonstrated with high technical demands.



Another highlight of the exam was the demonstration of the Bong Hyung Il Bu, a weapon form with the staff, which was demonstrated by some higher-graded examinees. This once again showed the versatility and depth of the Tang so Do tradition. In addition, some examinees had the honour of showing the Kyuck Pa (breaking test), which involved breaking a



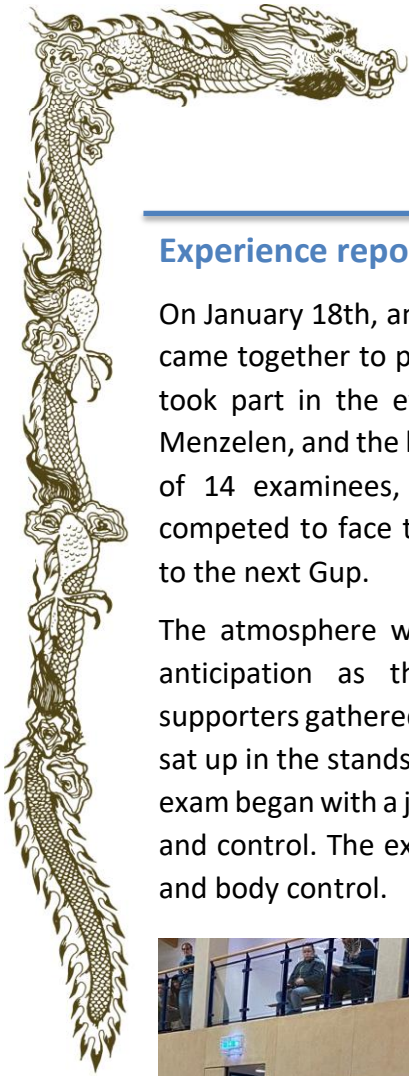
board about 1.5 cm thick. This part of the exam proved both the physical strength and the correct technique of the examinees.

The exam was rounded off by theoretical questions, in which the participants' knowledge of general terms and the meaning of the association symbol of the TGTSDA was tested. The examinees mastered these theoretical requirements confidently, which underlined their thorough preparation and commitment to martial arts.

At the end of the day, all examinees could be congratulated: All of them successfully passed the exam. The excellent performances in both the practical and theoretical areas showed that the participants had mastered the requirements with flying colours. It was an all-round successful exam day, which not only demonstrated the skills of the examinees, but also the team spirit and the community of the participants from Issum and Menzelen.

Congratulations to all examinees for their hard work and success! A special thank you also goes to all the examiners and supporters who stood by the examinees in a level-headed manner and helped them to give their best. 1, 2, 3 – Tang so!

Frank Hohmann & Julia Czora, both 6th Gup, TSD Menzelen/Germany



Experience report on the TSD belt exam in Issum – From 9th Gup to 8th Gup

On January 18th, an exciting belt exam took place in Issum, where examinees from different clubs came together to prove their skills. Two clubs took part in the event: my home club, TSD Menzelen, and the host club TSD Issum. A total of 14 examinees, including some children, competed to face the challenge and advance to the next Gup.



The atmosphere was full of excitement and anticipation as the examinees and their supporters gathered in the hall. The spectators sat up in the stands and watched intently. The exam began with a joint warm-up, followed by a series of technical exercises that required precision and control. The examinees showed their learned forms (Hyung) and proved their concentration and body control.



The forms were followed by partner exercises that tested the interaction and responsiveness of the examinees. This showed the good preparation of the participants from both clubs. Everyone gave their best, and the progress made within the training time was clearly visible. At the end of the grading, the breaking tests were carried out, in which the examinees demonstrated their



strength and technique. The sound of breaking boards and the ensuing applause filled the hall.

Finally, the highlight of the event came: the announcement of the results. The relief and joy were great when the examinees learned that they had passed. The hard work and dedication had paid off. The exam was not only a test of their technical skills, but also a valuable experience in discipline and perseverance.

All in all, the grading in Issum was a great success. It strengthened the sense of community between the clubs and showed that hard work and cohesion can lead to great results. Participants can be proud of their achievement and look forward to their future journey in Tang so Do.

Alina vom Bruch, 8. Gup, TSD Menzelen/Germany



Form and weapon clinic in Leitershofen/Germany



As every year in February, numerous participants met in the Swabian town of Leitershofen to work with the weapons we use in Tang Soo Do. The clinic was led by KCN Klaus Trogemann and SBN Thomas Krause. Thanks to the conditions in Leitershofen, KCN Trogemann was able to teach the black belts in a gym, while Master Krause worked with the colour belts in the adjacent multi-purpose hall.

The colour belts focused on the traditional Hyungs, but also the first bong form and the first bong one-step techniques found their place on the instructive morning. In the other hall, the black belts attentively followed KCN Trogemann's explanations of the forms and tried to put them into practice. In the second part, the black belts worked mainly on the sword forms 1 - 3.



The participants were excellently treated to all kinds of delicacies during the "half-time break". Many thanks to the TSD Leitershofen team for that! The subsequent lunch in the restaurant after the clinic expanded, as always, into a social gathering into the afternoon.

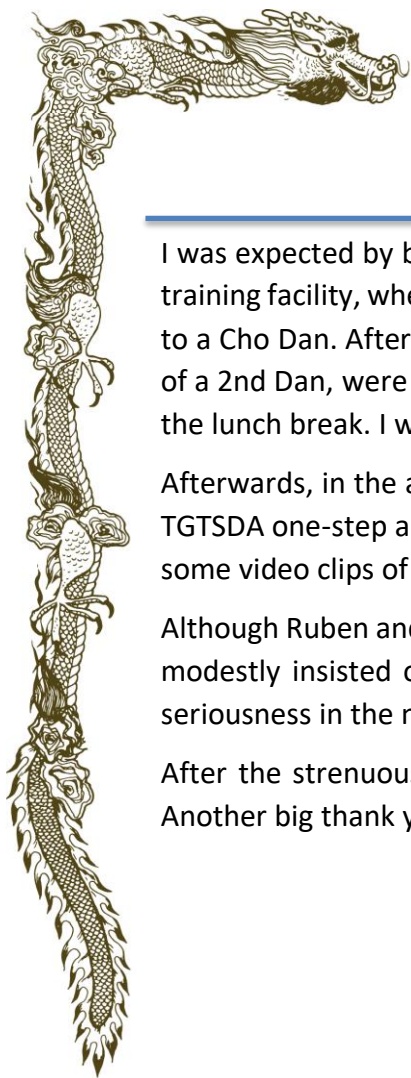
Tatjana Schwarz, Sam Dan, Bulsajo TSD, Senden/Germany

Seminar in Vöcklabruck/Austria

On March, 23rd I took the train from Munich to Vöcklabruck in the Salzkammergut in Austria. The destination was the new TGTSDA studio of Ruben and Désirée de Cillia, which is currently in the developing phase. Both are higher Dan holders in traditional Tae Kwon Do and are now candidates for a membership in the TGTSDA as Cho Dan Bos. They have been training monthly at TSD Rottal/Inn for some time now. To do this, they accept the long drive there. They have also been to the TSD Studio in Esting twice to be trained by me.



After achieving the 1st Dan, they plan to open a TGTSDA studio in Vöcklabruck. They train eagerly and enthusiastically towards this goal. It is planned to grade during the DTSDV summer camp in Kirchdorf. For them, the verified level of a Cho Dan is the basis and prerequisite for this new beginning.



I was expected by both with a cheerful "hello" at the train station. We then went straight to their training facility, where I was able to get an idea of their current training status, which corresponded to a Cho Dan. After a few small corrections, the other forms, which would correspond to the level of a 2nd Dan, were examined. After the strenuous practice sessions, there was an interruption for the lunch break. I was spoiled with an opulent lunch.

Afterwards, in the afternoon, we continued with another training session with the practice of the TGTSDA one-step and self-defence techniques repertoire. Finally, as a back-up for them, we made some video clips of it.

Although Ruben and Desirée were offered a 2nd Dan exam due to their higher TKD Dan ranks, they modestly insisted on being tested for Cho Dan first. I also see this as an example of their own seriousness in the new beginning with the TSD.

After the strenuous day of training, I was taken to the train station and went back to Munich. Another big thank you to the lovely hosts!

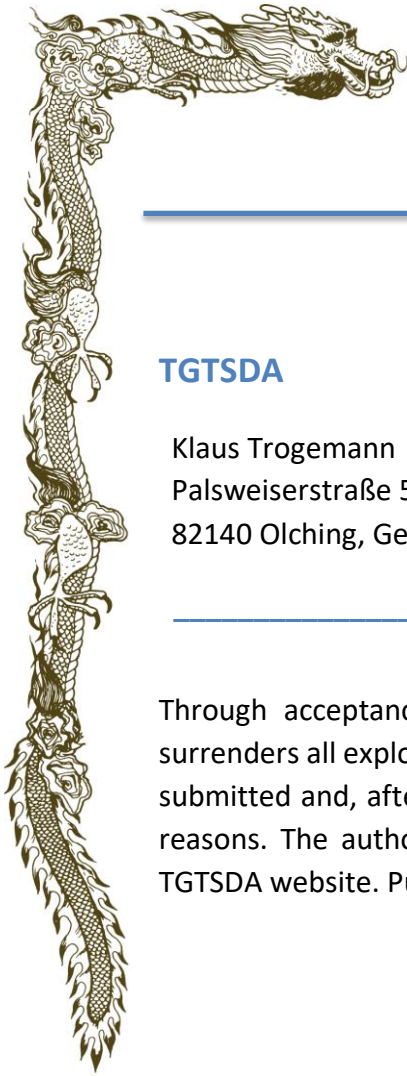
KCN Klaus Trogemann

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.



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