

## **Considerations on the Essential Difference in the Appearance of a Dan Bearer**

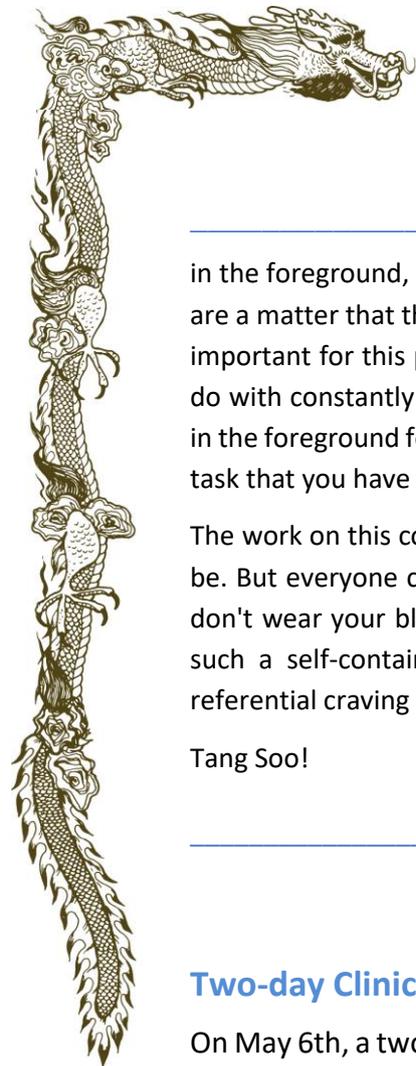
The founder of Shotokan Karate, Sensei Gichin Funakoshi, was once asked about the difference between an ordinary Dan bearer and a Tao (Do) Dan bearer. His explanation was quite simple: When ordinary people receive their first Dan, they can't wait to come home to shout at the top of their lungs that they are now a first Dan. When they receive their second Dan, they will climb to the ridge of the roof and tell all the people. When they get their third Dan, they jump in their car and honk their horn and drive around the city, telling everyone about their third Dan. When Tao (Do) people receive their first Dan, they bow their head in gratitude. When receiving their second Dan, they bow their head and shoulders. When receiving their third Dan they will bow to the waist and quietly walk along a wall so that people do not see it and do not notice them. Karate-Do is not just acquiring a certain skill but mastering the art of becoming a good and honourable member of society. What should we learn from the content of this comparison?



Every serious martial artist should ask themselves from time to time what they want to achieve with the practice of their martial art for themselves personally. What are their real and true reasons for wanting to learn this art? In this view, one should be absolutely critical and honest with oneself. At the beginning of learning there is usually the thought of doing sports, promoting one's own health, possibly being able to defend oneself better and dealing with an interesting different type of mindset such as the Far Eastern. Depending on what the priority is, certain associated characteristics also emerge.

The beginner usually needs about 5 - 6 years of regular training to achieve the technical level of a black belt. During this period, in addition to learning the appropriate technical skills, they also undergo a mental learning process. The respective predisposed personality plays an essential and decisive role in this. If one's own prestige thinking is in the foreground, then the wearing and presentation of the black belt in the optics and one's own presentation to the outside world plays the main role. As a rule, these people are also strongly competitively oriented, because successes in this form promotes their own image and thus their self-presentation in their eyes immensely and represents their instinct for recognition to the outside world. The so-called recognition through the possession of a black belt in their surroundings is the measure of all things for the person, which inevitably leads to this form of dealing with the acquired black belt. But it also shows how much self-esteem these people actually have, that they have to deal with it in this way or need it for their self-image.

If you look at another variant of personality in dealing with the acquisition of a black belt, where the bearer receives the newly acquired degree in gratitude and respect, you inevitably come to the traditional values and virtues such as humility, modesty and respect. In the course of time until the acquisition of this rank, such a Dan bearer has seriously dealt with the thoughts, what he personally wants to achieve for himself, what significance does this black belt have for himself and how would he like to deal with it in the future on his personal path of progress? This type of personality is also not competition-oriented, because for them the competition for the mental and character development of one's own personality is more important and,



in the foreground, than any kind of recognition and validation of the outside world. All these considerations are a matter that they only have to deal with themselves, without affecting their environment at all. What is important for this person is how they benefit from it for themselves, but not what the environment has to do with constantly presenting and demonstrating their current status. Working on one's own personality is in the foreground for them. Learning and dealing with traditional Far Eastern philosophy, is actually a lifelong task that you have to work on constantly.

The work on this constant self-improvement is conditioned by the fact that no person is perfect and cannot be. But everyone can strive for self-knowledge and constantly try to learn from it. As the saying goes: You don't wear your black belt around the your hips, but keep it inside your heart. The inevitable charisma of such a self-contained personality leads to a different acceptance in their environment than the self-referential craving for recognition, which inevitably repels their own environment.

Tang Soo!

Sah Bum Nim Klaus Trogemann

## NEWS AND EVENTS

### Two-day Clinic in Issum

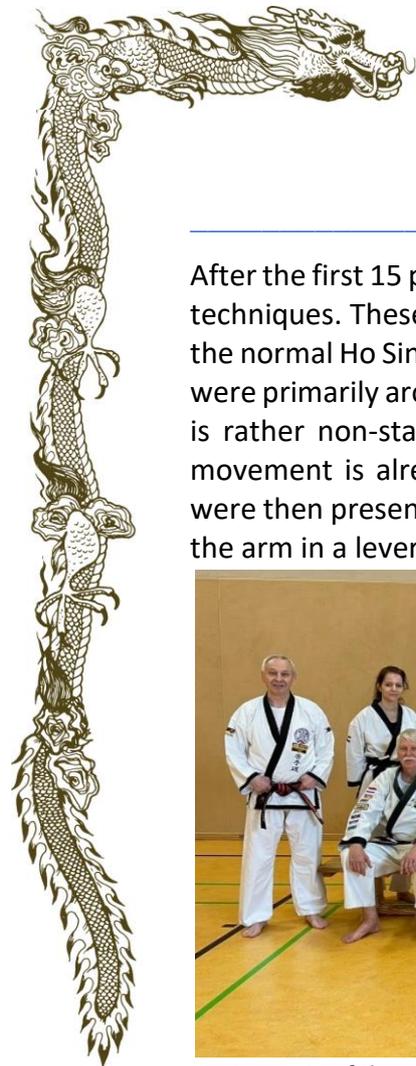
On May 6th, a two-day clinic took place again in Issum, this time for the first time under the direction of the new Master Achim Brall. More than 20 interested people gathered in the gym at the Tapp. First of all, the visitors were welcomed by Master Trogemann and the program for this day was presented.

We started with the Hyungs and received further suggestions on what to watch out for in certain parts of the form. There was also an increased focus on actively involving the lower grades. For this purpose, Master Trogemann presented the



Participants of the first day

new bong techniques to be learned in small units of 1 - 3 techniques. If a technique was more complicated, it was presented more detailed, and the movements were explained. In the phase in which one should now practice these techniques, the advice was to first understand the technique with calmness and execute them slowly. Only in this way is it possible to learn the sequence of the techniques, since any speed is only an illusion of actual ability and is therefore nothing more than just "fiddling". Only with constant slow repetition and budding understanding could the largely unknown techniques be executed faster later. The lower grades, who do not yet have so much experience with the bong, were able to directly understand how to use this weapon. Even if these techniques are not relevant to the exam until later, the use of this weapon is a lengthy process and should not be started too late.



After the first 15 partner techniques, a new topic was introduced. The new "Advanced Self-Defence" techniques. These are aimed at higher grades, as they enrich the previous repertoire in addition to the normal Ho Sin Sul and Il Soo Sik. Thus, a small number of selected techniques were shown, which were primarily around arm levers, foot sweeps and pressure points. It was interesting that the attack is rather non-standardised, static, like a Choong Dan Kong Kyuck. Rather, a possible defensive movement is already dynamically triggered from the implied offensive movement. These levers were then presented just as vividly and were easier to understand due to the expectation of finding the arm in a lever. It was different with the pressure points, but you could quickly see the distorted



Participants of the second day

faces of the training partners if either the carotid artery or the larynx was the target of the technique and were also hit. With these lesser-known techniques, slow practice is therefore recommended for two reasons. First of all, you have to get a feel for it yourself, and on the other hand, you don't want to unnecessarily affect your

opponent when you try contact with sensitive parts of the body. With a multitude of new impressions, the very informative first day of the course could end with good food and many conversations at the local Greek restaurant.

The second day of the course began again with the Hyungs, now geared towards the higher grades. There, too, suggestions were given as to how certain techniques were to be interpreted, or at which points exactly the Ki-Hap was to be done. In order to consolidate the new knowledge from the previous day, the bong techniques were repeated. As on the day before, these were explained in detail when a technique had a non-intuitive sequence. Here it could be seen that, despite intensive work only a few hours earlier, certain gaps had already been built up again. Thus, practicing these techniques after a clinic is indispensable to be able to show something for correction at the next course. Only in this way is it possible to internalise the new techniques.

The last part of the course tied in with the advanced self-defence techniques, this time with a focus on grips and throws. There was a hint that all these new techniques came from other martial arts and martial arts, for example from Judo for certain throwing techniques. A martial artist should broaden their horizons at a certain extent at the latest, think outside the box, and in the end realise that the martial arts are separated into different styles, but in the essence of the physical and mental formation of a martial artist all styles are ultimately united together. Thus, certain concepts apply regardless of style and techniques are taught after the selection of a style founder. Essentially, however, all techniques are only a part of the entire spectrum. In addition to these suggestions, Master Trogemann also referred to the fact that he was not only physically but also mentally involved with the martial arts, such as the often cited "Karate-Dō - My Way of Life" by Gichin Funakoshi. Hidden in this Buk are insights that reveal the true meaning of martial arts. However, you have to read this yourself!



After two very varied days with many new practical techniques, theoretical comments and suggestions and a consistently good atmosphere, the course ended with many satisfied participants. May many more such clinics follow!

Stefan Walter, Sam. Dan, TSD Menzelen

## **International TSD Summer Training Camp in Kirchdorf am Inn/Germany**

In May, the annual 3-day Tang Soo Do summer camp took place for the second time in a row in Kirchdorf am Inn. Many foreign guests arrived on Thursday to see e.g., Passau or Burghausen. This year there were about 80 active participants, with their family members we were for sure 120 participants from all over Germany, Switzerland, Sweden, and Brazil.

Master Klaus Trogemann (7th Dan), leading the clinic, travelled from Munich and we were able to welcome the US American Master John Dickinson (7th Dan) as a special guest of honour. Master Dickinson had come all the way from Brazil, where he currently lives and teaches Tang Soo Do in several studios. Some participants arrived by motorhome, but most of the guests booked a room at the Inntalhof, which as a result was almost completely in Tang Soo Do hand.



On Friday afternoon we finally started and after the welcome and the joint warm-up, Master Trogemann started with basic techniques and then we practiced the lower forms (Hyungs) supported by the beat of the Korean drum. Afterwards, everyone practiced in learning how to fall and throw, as well as self-defence techniques. After this first intense training session, everyone met for a barbecue at the TSV site in the Au, the training campus of the local football club.

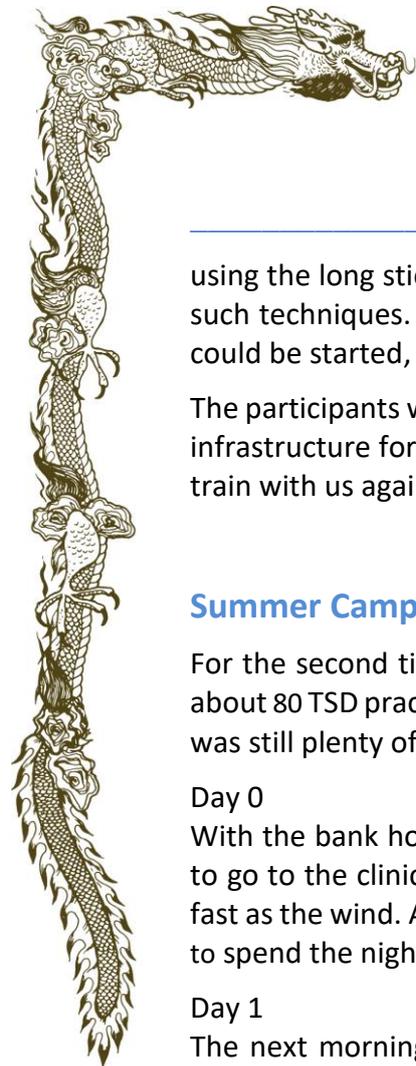
Of course, it was a great idea to start the first lesson early Saturday and Sunday morning, before breakfast, right at 7 a.m. on the lawn at the Inntalhof. At this early Qigong class, a lot of participants came to welcome the day with flowing movements and meditation to draw strength.

After breakfast and the joint warm-up training, Master Trogemann taught free fighting and rules to get everyone fit for the upcoming German Championships in Tang Soo Do on Saturday, November, 4th. Afterwards, everyone trained together on the forms with the drum until noon and the black belts present got a long extra lesson until 3 p.m.

In the evening we met again at the TSV grounds for a barbecue and chat. New friendships were made in the glow of the fire bowl until late at night.



Sunday morning was all about training with the long stick, a traditional weapon in Tang Soo Do. We practiced sequences of movements (Hyungs) as well as partner exercises with attack and defence



using the long stick. For many of the beginners, this was the first opportunity to practice and learn such techniques. Around noon it was time to say goodbye and the sometimes long journey home could be started, tired but satisfied.

The participants were very enthusiastic about the hospitality, the beautiful landscape, and the great infrastructure for TSD practitioners here at TSV in Kirchdorf am Inn and they all hope to be able to train with us again next year.

Jo Kandlbinder, Sam Dan, Rottal/Inn/Germany

### **Summer Camp in Kirchdorf am Inn from May 19 – 21, 2023**

For the second time, the annual summer camp took place in Kirchdorf am Inn. In the three days, about 80 TSD practitioners had arrived. Visibly crushed by the warm hugs of old acquaintances, there was still plenty of time for technical development!

#### **Day 0**

With the bank holiday, it is always mandatory for the northern fraction from Issum and Menzelen to go to the clinic. So, we left early to arrive in Kirchdorf in about eight hours of driving almost as fast as the wind. After the good meal at the hotel, everyone went to their bed. This time I was allowed to spend the night in the clubhouse.

#### **Day 1**

The next morning, after a luxuriant breakfast, we visited the castle complex in Burghausen, which, in addition to very good weather and a beautiful view, also had delicious cakes to offer. Back in Kirchdorf, we went straight to the gym.

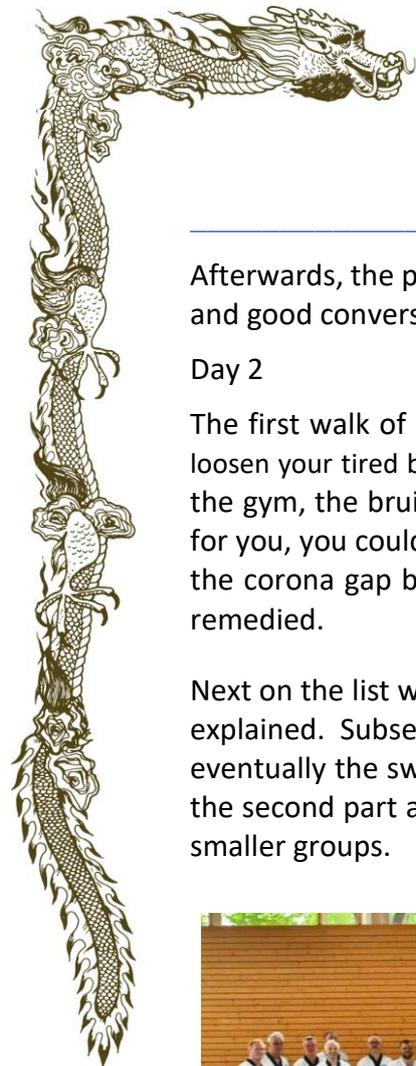
After being welcomed by Master Trogemann, Master John Dickinson was introduced as a guest from Brazil. Thanks to his many years of experience, he was able to explain the techniques in more detail over the days to make it even more effective. With his very approachable and extremely modest manner he was a wonderful enrichment to the course!



So, you were right in tune and were ready to run the Hyungs to the beat of the drum. Even if this



was unusual for the lower grades, they were able to quickly recognise and implement the pattern. Afterwards, the mats were set up and we practiced falling. Everyone was allowed to practice falling forwards, backwards and to the side. However, it was not to stop there. The advanced self-defence techniques were shown, especially how to get the opponent on the mat with numerous different throws.



Afterwards, the participants and their families spent the first barbecue evening with plenty of meat and good conversations. Still others even grilled corn on the cob – well, no retreat in battle!

### Day 2

The first walk of the morning led from the campground to the hotel, where you were allowed to loosen your tired bones with Qigong. The subsequent meditation then provided sufficient energy. In the gym, the bruises were waiting when we continued with sparring training. If that wasn't enough for you, you could optionally treat the blisters on your feet from the brand-new floor. At this point, the corona gap became very evident - no more calluses! However, this circumstance was quickly remedied.

Next on the list was the referee instruction, in which the new set of rules with the 3-point rule was explained. Subsequently, the weapon forms were shown, after that the bong, the knife and eventually the sword. After that, there were some higher Hyungs for the black belts to practice in the second part and Masters. Later, various Hyungs for Dan bearers and Masters were practiced in smaller groups.



At the end of the clinic, Master Trogemann talked in length about the requirements that have to be met in order to obtain the next Dan or Master's degree. In addition to constant commitment to the club and association, one

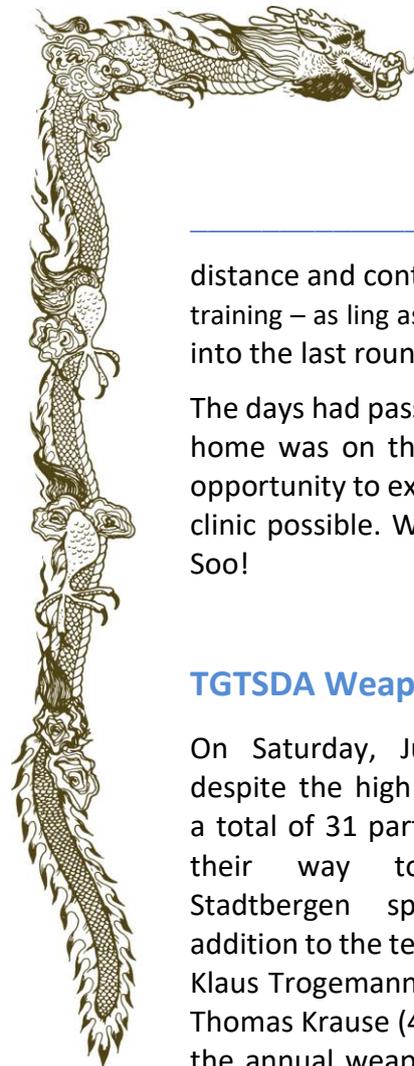
should not only count the years until the next exam. Rather, one should practice what is shown in the clinics and document one's will with contributions. A mere demand for the next rank, since it says so in the requirements, is therefore not appropriate, since reaching the next rank is not an automatism. Those who show their commitment will also be rewarded for it.

As on the previous day, we gathered again at the barbecue area in the evening and, despite being exhausted from more than six hours of training, we were able to enjoy the evening with a steak. It is also nice that you get in touch with those you only rarely see or with beginners who are often still shy because they do not have a black belt yet. However, everyone was hungry, no matter what belt they wore in the gym. This is what makes the clinic so special: You can have fun together with Tang Soo Do and then share your joy over steak – or even corn on the cob.

### Day 3

After the short night still a little tired, the day started again with Qigong. Then the hand techniques were on the program, which caused less problems on the usual right side. But Master Trogemann had the "nasty" idea to train the left side as well! So, you had to practice again the basic techniques to regain the feeling of





distance and control. But that is exactly how you can see at a clinic what you often let slip in your own training – as long as you do not just go to clinics, but also train yourself at home. In the end, we went into the last round with the bong techniques, which were also practiced on the right and left.

The days had passed so quickly, and we said goodbye to each other even more warmly. The journey home was on the agenda, and the desire to come back next year. We would like to take this opportunity to express our sincere thanks to all those who organised this great event and made this clinic possible. Without you, many impressions and experiences would not have been possible! Tang Soo!

Stefan Walter, Sam Dan, TSD Menzelen

### **TGTSDA Weapons Course in Leitershofen/Stadtbergen - Fighting the Heat**

On Saturday, July 15, 2023, despite the high temperatures, a total of 31 participants found their way to the new Stadtbergen sports hall in addition to the teaching masters Klaus Trogemann (7th Dan) and Thomas Krause (4th Dan) where the annual weapons clinic took place. Due to the mayoral election of Stadtbergen, it could

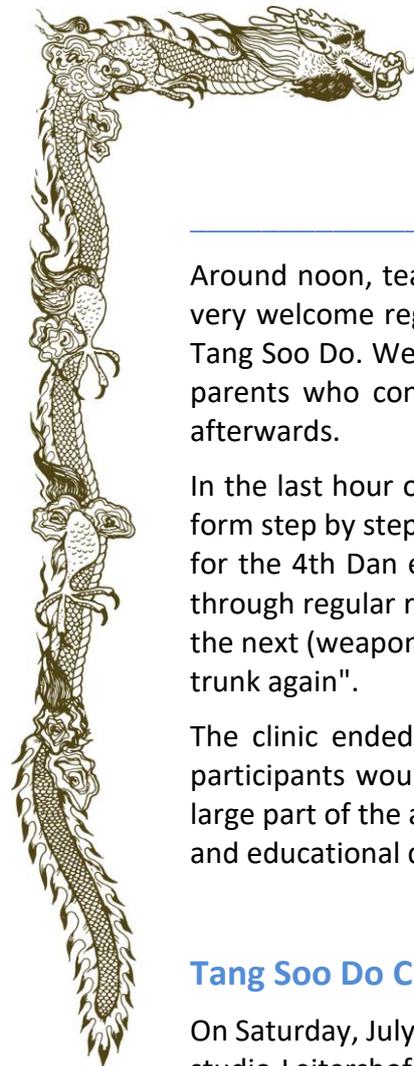


not be held in the Oswald-Merk-Halle in Leitershofen as usual. Some of the participants had longer journeys from Stuttgart, Zorneding and Rottal am Inn. However, they were rewarded with a three-hour educational seminar and coffee, cake, cold drinks, and fruit during a long break.

After the welcome, the attendees were divided into two groups: The colour belts from 7th Gup to 1st Gup were assigned to Master Thomas Krause, Cho Dan Bo to Master went with Sah Bum Nim Klaus Trogemann.

During the three hours, the group of colour belts practiced in detail the bong (stick). Master Thomas Krause first introduced them to the bong with warm-up exercises before he was teaching the Bong Hyungs and Bong Il Soo Sik. The program of the other group included Dan Gum (knife), Jang Gum (sword) and, for Master Jan de Vry, Jipangye (cane).

In the first lesson, the higher belts practiced the Dan Gum Hyung Il Bu and Eh Bu. Both Hyungs were shown by master Klaus Trogemann with an explanation of the exact execution. He emphasised that the Dan Gum Hyungs are stylised forms that are not intended for execution. While the focus of the Hyungs is, among other things, on not guiding the knife further than the middle of the body, in reality the knife would have to be led beyond that. Since Dan Gum Hyung Eh Bu was not yet internalised by all higher belts, Master Trogemann had small groups formed in which this Hyung was practiced intensively. At least the sequence should now sit with most people. In the second lesson, Jang Gum Hyung Il Bu and Eh Bu were up. Just as with the knife, the Dan bearers came together in small groups after several joint rounds and explanations by Master Trogemann to practice the sequence and subtleties of the execution.



Around noon, teaching and learning was interrupted for a break of about 20 minutes, which was very welcome regarding the high temperatures in the gym and used for social exchanges beyond Tang Soo Do. We would like to take this opportunity to thank the members of the association and parents who contributed to the catering with drinks and snacks, as well as cleaning the place afterwards.

In the last hour of the clinic, the higher belts were given the opportunity to learn the third sword form step by step from and with Master Trogemann. Jang Gum Hyung Sam Bu is actually scheduled for the 4th Dan exam. To not forget the sequence, everyone has to take care of this themselves through regular repetition and practice. And should variations and inaccuracies creep in, attending the next (weapon) clinic will help to "trim the twigs and branches and bring them closer to the tree trunk again".

The clinic ended with a short speech in which Master Trogemann expressed his hope that all participants would take something away and also enjoyed learning and practicing. Afterwards, a large part of the attendees came together at the nearby Italian restaurant to end the hot, intensive and educational day of the clinic.

Anna Steinmetz, Sam Dan, TSD Leitershofen/Germany

### **[Tang Soo Do Clinic "Weapons and Weapon Forms" in Stadtbergen](#)**

On Saturday, July 15, 2023 the seminar *Weapons and Weapon Forms* took place at the Tang Soo Do studio Leitershofen. Despite the summer heat, we could use the complete field of the sports hall Stadtbergen under ideal climatic and spatial conditions to practice and consolidate forms and techniques of the various weapons.

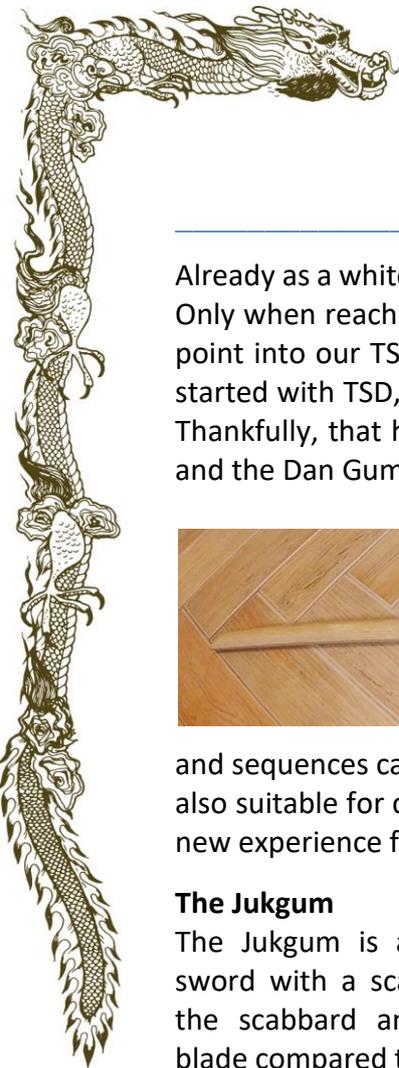
Under the guidance of the Masters Klaus Trogemann and Thomas Krause, Tang Soo Do-ka of all age groups and all Gup and Dan grades practiced the handling of bong (long stick), knife and sword in Hyungs and one-step techniques. While the Gup grades focused on exercises and forms with the bong, the Dan grades had the opportunity to practice Hyungs with knife and sword in more depth. All participants could take away new impulses and new insights in the use of the weapons. During this training the international spirit of Tang Soo Do could also be experienced, because we could welcome two participants from the United Kingdom as guests. We all also had a lot of fun during the training and were happy to see friends and familiar faces from the other studios from southern Germany again.

A big thank you goes to the Tang Soo Do-ka of the TSV Leitershofen for the organisation and the good catering during the course! We are looking forward to the next seminar!

Stefan Simon, 9. Gup, Tang Soo Do Zorneding

### **[A Little Sword Science - Thoughts and Information About Our TSD Swords](#)**

Through the weapon clinic in Stadtbergen on July 15, 2023 and the extensive practice with the sword, the idea arose to compile a brief overview of our TSD sword for our newsletter. In our association, the focus is on our Tang Soo Do terminology. Therefore, I have taken over the detailed terms about swords from our friends from the *Haidong-Gumdo Association*.



Already as a white belt, I was fascinated by the sword and probably many others feel the same way. Only when reaching a certain rank, practicing with the sword in Tang Soo Do is allowed. The entry point into our TSD weapons and the forms associated with them is the long stick (bong). When I started with TSD, I was only allowed to practice with this weapon from a brown belt on (4th Gup). Thankfully, that has changed over time. The next weapon in the order is the knife, the Dan Gum, and the Dan Gum forms. As a 2nd Gup, I was allowed to slowly start practicing with it.



### **The Mokgum**

When I reached the rank of Cho Dan Bo, I was allowed to start practicing with the Bokken (Korean: Mokgum). This wooden sword is a first and inexpensive entry. The first techniques

and sequences can be practiced and a first feeling for handling the sword develops. The Mokgum is also suitable for controlled exercises with a partner. The weight and the extra momentum is also a new experience for the muscles.

### **The Jukgum**

The Jukgum is a thin wooden sword with a scabbard. Due to the scabbard and the thinner blade compared to the Mokgum, there are now even more aspects of sword wielding, for example the real pulling of the blade. The difference only becomes apparent when you have trained with the Mokgum a certain amount of time. The Mokgum and the Jukgum can usually be transported without any problems, both can also be stored in a slightly larger sports bag. As a rule, there is hardly any need to worry about transport at this point.



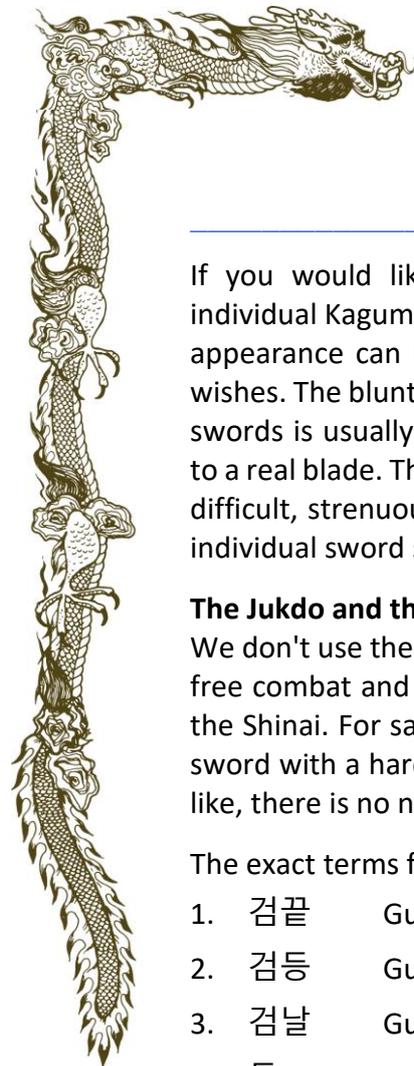
### **The Kagum (association sword)**

Our association sword with scabbard and a blunt aluminum blade is also called *Kagum*.

It is a training sword that visually resembles a real one. It is lighter than a sharp blade. Practicing with the Kagum is another step towards

learning and understanding, it opens up further details such as the sound that the blade produces when the cut has been made well or the feeling on the handle that arises when the blade has been guided cleanly or not cleanly. These are details that are not so evident with the Mokgum or the Jukgum.

With this visually real-looking weapon, you also have to think about transporting it. None of us wants to get into trouble with the law. Therefore, it is important to transport the sword safely and reasonably. In my opinion, taking a look at the current General Weapons Act Ordinance or the Weapons Law is mandatory as it might vary from country to country.



If you would like to, you can also buy an individual Kagum. Weight and length as well as appearance can be adapted to your personal wishes. The blunt zinc-aluminum blade on such swords is usually heavier and therefore closer to a real blade. This also makes practicing more difficult, strenuous, and exhausting. Most often, these swords are more expensive. Therefore, an individual sword should only be practiced in an area that offers sufficient space.



### **The Jukdo and the Jin Gum**

We don't use the Jukdo in Tang Soo Do. It is a training sword made of bamboo or plastic that allows free combat and associated hits on protective clothing. Most of us know it by its Japanese name, the Shinai. For safety reasons, we also do not use the Jin Gum or Jan Gum, the sharp two-handed sword with a hardened blade, in our TSD association. Since we do not have cutting samples or the like, there is no need for this.

The exact terms for the parts of the sword

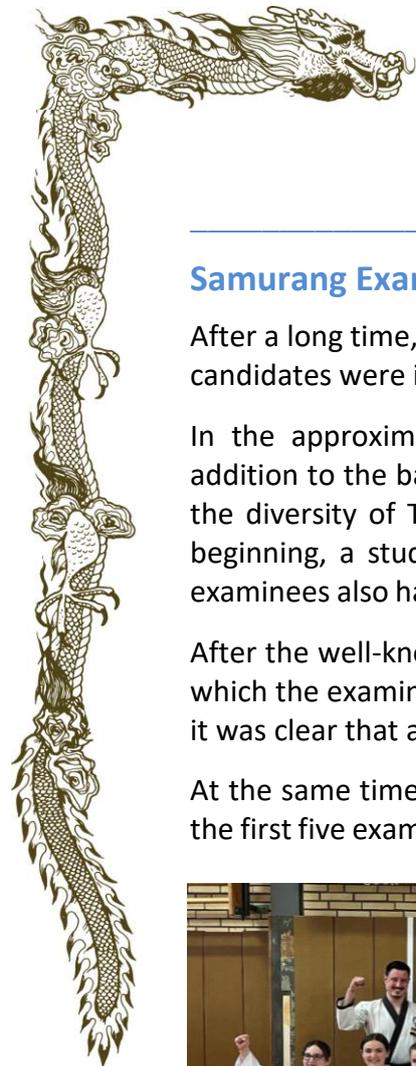
1. 검끝 Gum Kut: sword tip
2. 검등 Gum Dung: back of the sword
3. 검날 Gum Nal: blade
4. 통 Tong: the broad flat top side of blade
5. 검신 Gum Nalghe: wing of the sword
6. 조임새 Dscho Im Se:
7. 방패 Bang Pä: guard
8. 손잡이 Son Dschab Ij: handle
9. 조정관 Dscho Dschung Gjöan: head of the handle

Alexander Schmid Sam Dan TSD-Neufahrn &  
Anna Steinmetz Sam Dan TSD-Leitershofen/Germany



Links and sources for the terms

- <https://hdgd.koeln/haidong-gumdo/>
- <http://haidong-gumdo-muenchen.de/>
- <https://www.schwarz-kampfkunst.de/haidong-gumdo/>
- <https://allkampf-rosenheim.de/schwertkampf-in-rosenheim/das-koreanische-schwert/>



## Samurang Exam in Menzelen on May 12, 2023

After a long time, a Samurang test took place again in Menzelen in the first half of the year. Twelve candidates were invited to demonstrate their skills.

In the approximately two-and-a-half-hour exam, more complex techniques were required in addition to the basic techniques of punches and kicks. These techniques are intended to illustrate the diversity of Tang Soo Do and at the same time stir up curiosity for more. Especially at the beginning, a student will often not realise how versatile this martial art is. In some cases, the examinees also had to show selected double hand techniques as well as jumping and spinning kicks.

After the well-known Hyungs, Il Soo Sik and Ho Sin Sul and a small sparring sequence followed, in which the examinees were to apply their techniques in practice. After the successful breaking test, it was clear that all students had earned their new stripe.

At the same time, this marks the first full run of the Samurang system at TSD Menzelen, in which the first five examinees were able to obtain the blue stripe. To do this, they had to go through a long and tight program to be able to represent the next stripe. The hope remains that in the future more examinees will face these challenges to learn our martial art.



The proud examinees and exhausted examiners...or was it the other way around? :D

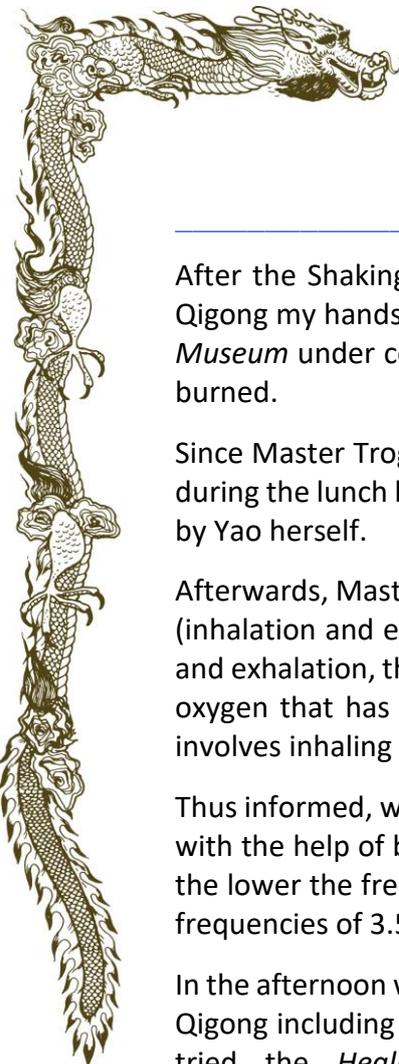
Stefan Walter, Sam Dan, TSD Menzelen/ Germany

## Qigong Seminar in Esting on June 10, 2023

"What do you expect from this Qigong seminar"? After we four participants had each received a nice Qigong T-shirt and an interesting, 2-volume manual (Din A 4, with many explanatory detailed photos), this question from Master Trogemann put us in the mood for the upcoming course.

We two newcomers, 15-year-old Leo and I, four times older Nicola, agreed. We hoped for more serenity: Leo for the stress before schoolwork and me when I felt under time pressure. The two "old hands", Yao and Oliver, were already beyond this wish. They knew that Qigong also helped them with physical ailments and promoted their health, which was to prove itself during the course.

After a short theoretical introduction and the indispensable warm-up, we started our exercises with the help of videos of the late grandmaster Jae Chul Shin, which conveniently saved us from counting. It was interesting for us women that we should lead the arms in the opposite direction to the men – a rehabilitation for "women's left" (= "men's right")?



After the Shaking Qigong and a short interruption to explain the Qi, in the subsequent Tae Kuk Qigong my hands felt as if I had the glass plate of the high-voltage demonstration of the *Deutsches Museum* under control, and a little later my arms tingled as if after a nettle bath – Leo's feet even burned.

Since Master Trogemann explained to us that too much Qi is not good, we strengthened ourselves during the lunch break with *Leberkasemmeln* specially organised by Oliver and strawberries picked by Yao herself.

Afterwards, Master Trogemann explained the importance of breathing. It can be done in two cycles (inhalation and exhalation in 8 counting units each), or in four sections (8 units each of inhalation and exhalation, then 4 units of holding the breath and pressing into the lower abdomen to store the oxygen that has not yet been utilised and exhaling the remaining air with another 8 units. This involves inhaling through the nose and exhaling through the mouth).

Thus informed, we went to the meditation. Over a longer period, we tried to fade our thought films with the help of breathing and to create colours in our mind's eye – the brighter and more yellow, the lower the frequency of the brain waves – whereby experienced monks reach theta brain wave frequencies of 3.5 to 7 Hz, as Master Trogemann explained.

In the afternoon we practiced other different forms of Qigong including a complicated one from Tai Chi. We tried the *Healing Sounds* and got interesting information about reflex zones, body meridians, acupuncture, and massage. To combat Leo's school stress, Master Trogemann recommended shaking Qigong before going to bed and then Tae Kuk Qigong of 5 minutes each, followed by 10 minutes of meditation.

After this versatile and extremely informative seminar, everyone can now practice the many different forms of Qigong for themselves using the explanatory manuals, and positively influence their health with the help of an improved understanding of the body.



Nicola Reiff, 4. Gup, Tang Soo Do Solln/Germany

### **Tang Soo Do Club Solln at the "Sports Gaudi"**

After a forced break caused by the Corona pandemic, the Tang Soo Do Club Solln presented itself to the public again. For a long time, a date of TSV Solln has been tinkered with for another "Sports Gaudi" (Fun Sports). It is about a complete weekend where all clubs can introduce themselves to the public. Now the date was finally fixed, and we could go into planning. What do we want to present? Who has time at the weekend? How do we want to present ourselves? The new head of our club, Rainer Unsöld, discussed this with all coaches and assistants.

Some preparations had to be made, then the time had finally come. On Saturday, June 18th at 10 o'clock in the morning, we met in front of our triple gym in Herterichstraße. Armed with boards,



various bong and knives, we discussed what we would like to show and how we want to present ourselves.



Although the weather was fine, the interest towards us was a bit moderate. But that was not our fault. Unfortunately, we were outside of all the action around the TSV. At the same time, there was a district festival one meadow further on. So we trained ourselves when no one was present and could talk about different things in peace and quiet. After noon, we were able to move from our gym to a centrally located tent.

From that point on, people's interest was piqued. From then on, we couldn't save ourselves from spectators. As if someone had flipped a switch, the rush was suddenly enormous. While the topic of breaking tests with real boards, but also practice boards, was of great interest, we answered many questions. At intervals we showed parts from various Hyungs.

Especially the young spectators often underestimated the strength of the boards. Many became more and more courageous and dared to approach the thicker boards. Parallel to the event, we demonstrated excerpts from our self-defence, but also HapKido techniques. The young female spectators were amazed at what was shown. We also explained and showed our Tang Soo Do weapons. From the bong, the knife to the sword. Here the interest of the older spectators and participants was bigger. The sun was burning, we were sweating, but we were all eager to do it. Until late in the evening, our pavilion was surrounded by curious people.

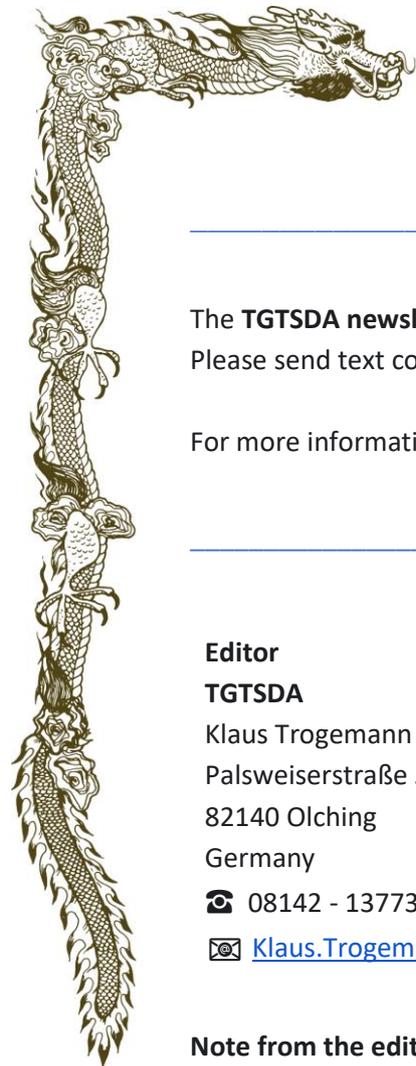


We had to stop in the evening so that we could bring about a reasonable end to the event. After a joint clean-up, we went to dinner exhausted and used the time for a debriefing. The time flew by and the weekend was already over. We were able to go home with a smile full of pride.

In the next few weeks, it would become clear whether we have done enough advertising... And indeed, in my group alone, there were three new registrations due to the summer party. We don't need to complain at all. In the meantime, every instructor at our club has about 10 to 30 students.

We have reached the point of offering more lessons. A great result for us and our work over the last few months. The head of department and we instructors, but also the helpers are already planning for another event. Many thanks at this point to everyone! Such a collaboration is incredible.

Oliver Stahl, E Dan, TSV Solln/Germany



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**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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