



Dear members of the TGTSDA!

Merry Christmas and a Happy New Year!

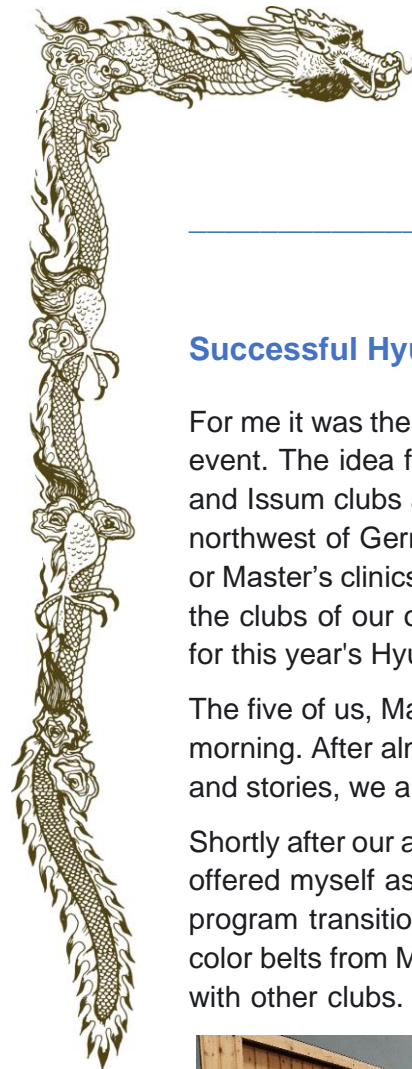
With best wishes for
your health, luck, success and
joy with your family and friends
from *Klaus Trojens* and family.

Hopefully you and your families are doing fine, and you can celebrate the Christmas holidays together in peace.

I would like to take the opportunity to thank you for all the hard work you have put in the past year for your TSD development, the success of your studios and the prosperity of the TGTSDA.

Hope to see you soon again at one of our wonderful TSD events!

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
З Різдовом Христовим - С Рождеством - אג המולד שמח



NEWS AND EVENTS

Successful Hyung Clinic in Northwestern Germany

For me it was the 4th time I was allowed to visit our friends near the Dutch border for a Tang Soo Do event. The idea for the trip was planted when I met Tang Soo Do practitioners from the Menzelen and Issum clubs at a clinic in Munich. I always find it impressive how often our colleagues from the northwest of Germany come to visit us. This has always been the case - whether gradings, clinics or Master's clinics. Especially now, after the last two years of isolation, I think the exchange between the clubs of our organisation should be intensified again. For this reason, I decided to go to Alpen for this year's Hyung clinic.

The five of us, Master Trogemann, Oliver, Tatjana, Yao and I, left Munich on a minibus on Saturday morning. After almost seven hours of driving, two breaks and interesting conversations, discussions and stories, we arrived an hour earlier than planned.

Shortly after our arrival, a black belt grading took place. Since the hall was not heated, I immediately offered myself as the conductor of the grading. In the north it is a bit colder. After the grading, the program transitioned almost seamlessly into the clinic. It was nice to see that not only black and color belts from Menzelen and Issum kept the weekend free to learn new forms and exchange ideas with other clubs. France and the Netherlands were also represented. The hall was packed! I have



rarely seen so many masters in one pile. The only exception: The World Championships in the USA. That was impressive! But it also showed me that despite a new umbrella organisation and two years of isolation, our Tang Soo Do community was able to keep a large part of its old members and even accepted new clubs. After three hours of training and previous examination, the first of two days ended — at least in terms of physical exertion. One thing must not be forgotten: Such clinics do not only consist of long journeys, carrying Dobohks and walking barefoot sweating in a gym.

Just as important as learning new techniques and forms is coming together afterwards. Here you get to know practitioners from other studios or exchange ideas with old and new friends and training partners. Of course, we also ate a lot and well!

On the second day, the newly learned from the previous day was first repeated, then it went on with new forms. What I particularly liked this time was Master Trogemann's new approach to conveying forms. First, he showed the pattern, so that one could get a rough overview. Then he divided the entire group into smaller groups of a maximum of five people. Each group had at least one experienced black belt at its side. As a result, a group was able to clarify individual questions faster and go through the form at their own pace. After about 15 minutes, the newly learned form was then run again in the collective. Occasionally there were one or two corrections by Master Trogemann. Through this





approach, at least the higher Black Belts have been able to learn several new forms. Part of the new curriculum are five bong forms, two knife forms, three sword forms and various other forms. For my part, I was able to refine two already known forms and learn four (!) new forms.



After a delicious lunch we had to get heading back on the highway. On the way back, as on the way to Alpen, there was a lot of talk and laughter.

After such an intense weekend, you start the week a little more exhausted than usual — but hopefully also a little more motivated than usual. After all, you were able to experience something, cultivate old friendships or even make new friends.

Thomas Schromm, Sam Dan, TSD Solln, Germany

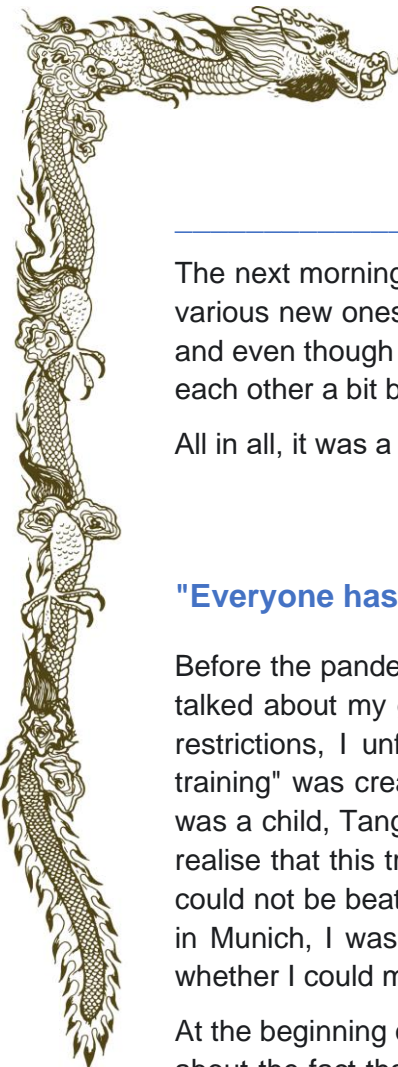
Weekend Clinic in Alpen/Germany

Excited about a two-day training, we signed up for the event on the November 19 and 20, 2022 in Alpen, Germany. It was only a two-hour drive away, enabling us to join both days!

We quickly met up with friends we made during the European Championship last June and got to know some new ones on arrival at the gym. Black belts and colour belts from Germany, France, Sweden and the Netherlands gathered to train together.

On Saturday we trained forms. We started with the lower forms which we performed together as one group. It's always nice to do forms together as it gives a sense of being united. As the forms got more advanced, the colour belts split up and we started working on forms matching our belts. Throughout the afternoon we worked on various forms and got the chance to learn with and from each other. In between forms and breaks Master Trogemann explained that it was not the intention of our association to battle other dojangs, but to focus on our similarities and the art of Tang Soo Do.





The next morning, we focused on weapons. We got to work on various forms and we also learned various new ones. We practised in small groups throughout the morning. The ambiance was great and even though we focused on our forms and trained seriously, there was also time to get to know each other a bit better and have some fun.

All in all, it was a great weekend and we're already looking forward to the next event!

Annemieke Offermans, Cho Dan, Cho Hwa Dojang, Netherlands

"Everyone has to go their own way" - Hyung Clinic and Grading in Alpen/NRW

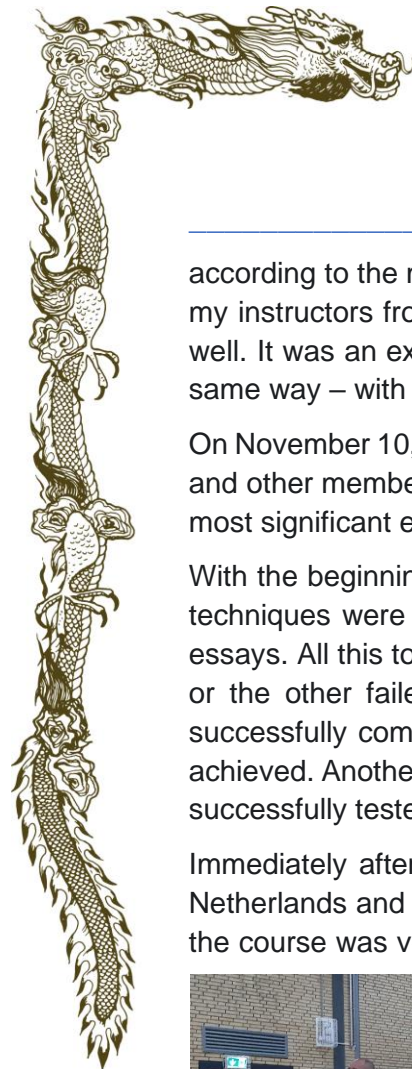
Before the pandemic began in 2020, my instructor Master Gerold Engenhorst approached me. We talked about my grading for Cho Dan Bo, which was to take place in 2019. Due to various health restrictions, I unfortunately had to refuse participation. So, the months passed and the "Covid training" was created in compliance with hygiene measures and strict contact regulations. Since I was a child, Tang Soo Do has accompanied me through my life. Today I am thirty years old, and I realise that this training has always been a constant. Even since the beginning of the pandemic, it could not be beaten. In September 2020, after a very unusual training and an intense Covid period in Munich, I was finally tested for Cho Dan Bo. It had worked, even though I had doubts about whether I could make it, having my health in mind.

At the beginning of the current year Master Engenhorst and I spoke about September 10, 2022 and about the fact that on this day, in addition to a clinic to internalise the newly introduced Hyungs in the TGTSDA, a grading will also take place in Solln/Munich. For this exam I was suggested by my instructors. Participating in it would have meant taking my next step on my way through Tang Soo Do. For me, training has always been very important: I associate Tang Soo Do with very intense character development, reflections, lessons, and a kind of "second" family that has seen me grow up over the years. Therefore, I accepted the recommendation for the examination, but had to realise that I was again unable to do so due to my health. I cancelled my participation again, as I did three years before.

In the last four years, I've had to learn to live with my limitations and accept them instead of pushing them away from me. That's why I decided to slow down and listen more to my body. This paid off and so, with the support of my comrades, I found my way more and more and received all the support I could have imagined.

The change from the WTSDA to the TGTSDA brought some innovations in terms of content. I was excited about it and I felt curious about everything that was to come. In addition to the "new" Ki Cho Hyungs, I was also allowed to work on the Bassai Sho. Already known forms, such as the Naihanchi Cho Dan were deepened and also the Sip Soo found its time to be further internalised. Il Soo Sik and Ho Sin Sul and weapon forms formed the last content in training at that time. I noticed that the failed exam bothered me more than I wanted to admit. My dissatisfaction with my low performance and the fact that I still wanted to do something was enormous.

One evening towards the end of September, I was sitting at home together with my partner on my balcony and got a call from Master Engenhorst. He informed me that in November, during our NRW clinic in Bönninghardt, a re-test will take place for me. As much as I was happy about the news, I was also unsure whether I would make it. My own self-esteem was not the highest. Nevertheless,



according to the motto "No retreat in battle" I faced the way until then and studied for the exam with my instructors from Tang Soo Do Menzelen, Stefan Walter and Daniel Schulz. They prepared me well. It was an exciting time for me and I am happy and grateful to have experienced it exactly the same way – with every high and every low.

On November 10, 2022, the day of the exam, Master Trogemann, Master Engenhorst, my instructors and other members of the TGTSDA met in the Bönninghardt Dojang. Since this day was one of my most significant experiences so far, I invited my parents to attend the exam.

With the beginning of the warm-up, my nervousness disappeared. The required Hyungs and other techniques were tested, there was a free fight sequence and a short exchange about our written essays. All this together contributed to making the exam an immersive experience. Despite the one or the other failed technique from me, my overall performance was taken into account, and I successfully completed the exam. The step of which I had had countless thoughts was suddenly achieved. Another highlight was the grading of Master Engenhorst, who, after fifteen years, had been successfully tested for Oh Dan Master (5th Dan) by Master Trogemann.

Immediately after the grading, other members from the TGTSDA, including participants from the Netherlands and other federal states in Germany, joined the course. With a total of 43 participants, the course was very well attended. It was a very pleasant feeling to be able to meet some people I



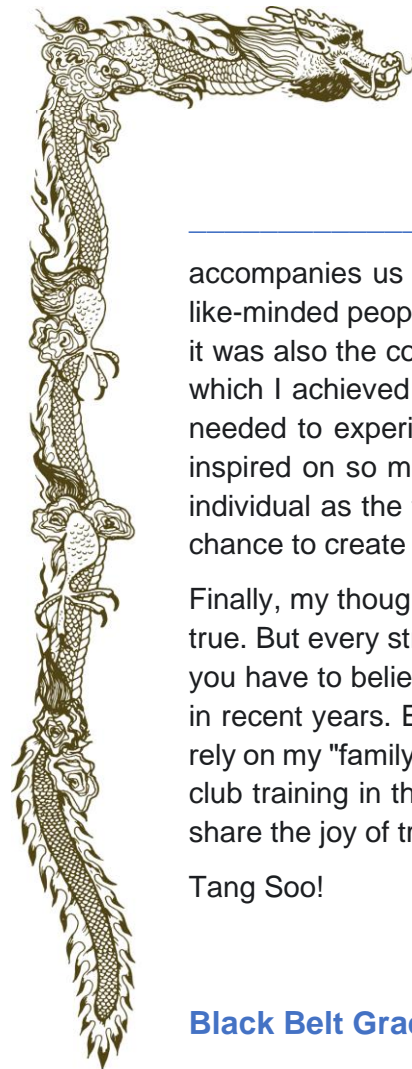
already knew and many who were unknown to me until then. So many people travelled to us on sometimes long journeys, and we had the common goal of experiencing an informative course. After the welcome speech by Master Trogemann and the opening of the class, it started. The course was dominated by the "new" Hyungs. We were told that on both days and a total of six hours, we will take the time to look at the details of the new Hyungs. We did this both with the entire class and in smaller groups. "Less is more" was as a saying the perfect match.

Master Trogemann passed on information, demonstrating the Hyungs himself and pointed out the importance of certain movements and techniques. The exchange in small groups lasted just as long each time to absorb sufficient input and to be able to deepen the training. This gave us the chance to share our level of knowledge among each other and bring it down to a common denominator. It was interesting to see how TSD practitioners from other clubs carried out their techniques. Different countries, but a togetherness – for me that was very impressive.

The successful participants of the last September grading and the ones grading at that day, including me, were promoted later that day. I was congratulated by everyone present and I was emotionally touched. Then I was allowed to train with a sword for the first time and was also allowed to try the first knife form.

After these impressions, my views and attitudes have been further consolidated: With achieving the first Dan, the training in Tang Soo Do is just starting. The journey is the goal and it will stay that way. Constant practice





accompanies us on this path. This includes training in your own club, but also the exchange with like-minded people on clinics. Only then the countless facets of Tang Soo Do get revealed. For me, it was also the confrontation with my own health limits. This was an important development for me, which I achieved with the Dan examination. It goes on and on and everyone should take the time needed to experience the path as fulfilled and holistic as one imagines. There is a chance to be inspired on so many levels by all the opportunities in the network and all the different people. As individual as the training and the clinics are, as individual looks the path of each person. Take the chance to create something personal out of these possibilities.

Finally, my thoughts on the subject of martial arts. "The biggest struggle is with oneself." Yes, that's true. But every struggle, every individual path, every hurdle can be mastered. You can't give up and you have to believe in yourself. Because that's exactly what I've been able to experience and learn in recent years. Even if a hurdle got a little bigger or I was in danger of getting lost, I could always rely on my "family" in Tang Soo Do and reorient myself. Overall, that's exactly what makes the cross-club training in the TGTSDA so inspirational. There are people everywhere who support you, who share the joy of training and with whom you can move forward together.

Tang Soo!

Lars Janßen, Cho Dan, Tang Soo Do Menzelen, Germany

Black Belt Grading in the Netherlands

On Saturday, November 5, 2022, the second NL black belt exam was held under the banner of the Traditional Global Tang Soo Do Association. The event, organized by dojang Koguryo, took place in the gymnasium of the Multi-Functional Center "Op Expeditie" in the municipality of Venlo.

Nine candidates were invited to show their Tang Soo Do skills on four different levels, two candidates for Cho Dan Bo, four for Cho Dan, two for E Dan and one for Sam Dan. The exam consisted of a warm-up, hand techniques, foot techniques, walking forms (open hand and with weapon), one-step sparring, liberation techniques, sparring and breaking tests.

During three hours, the candidates were allowed to demonstrate their skills, acquired through years of Tang Soo Do training, to the examination board. They were morally supported by the public allowed again after the Corona measures. All parts were carried out with great enthusiasm and in a very pleasant atmosphere. A pleasure to watch for both the board of examiners and the public.

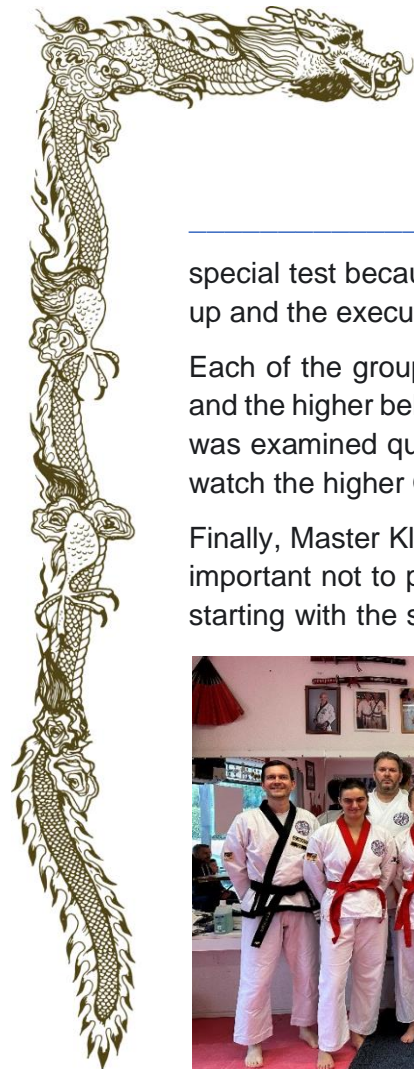
It was therefore not surprising that all candidates were told at the end that everyone had passed. At the next (New Year's) event in January 2023, the certificates and black belts will be awarded to the graduates. Tang Soo!

Kees Mommers, Sah Dan Master, Dojang Koguryo, Netherlands

Cross Regional Gup Grading in Esting

A cross regional belt examination test took place on November 26, 2022 in Senior Master Klaus Trogemann's dojang in Esting. At this Gup grading students from three studios were present to be tested.

Before the start of the exam there was some time to get to know the other examinees until all preparations were finished. After the obligatory greeting, the test could begin. This should be a very



special test because none other than Senior Master Klaus Trogemann himself took over the warm-up and the execution of the test.

Each of the groups showed the required techniques (basic exercises, forms, one-step techniques and the higher belts also free sparring, weapons and breaking) with great enthusiasm, and the theory was examined quite well. Especially for the lower belt holders it was fascinating and informative to watch the higher Gup grades during the exam because they will also face the same exam one day.

Finally, Master Klaus Trogemann gave a lecture to the parents and other spectators about why it is important not to put pressure on their children but to let them go their own way at their own pace, starting with the sentence "Because the parents are often more ambitious than the children...". He



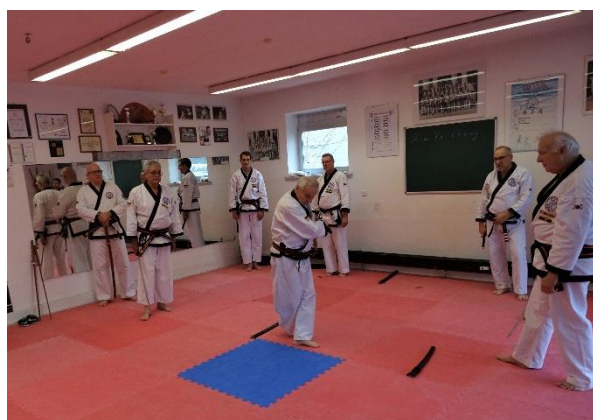
explained once again how the Gup and Dan systems work and why it is important to allow enough time to pass between exams until one is worthy of and ready for the next belt. In addition, he explained that it is important to go to seminars regularly to see how far others with the same belt grade are and where you stand in comparison. Besides you will always meet familiar faces but also new people and you will make a lot of new friends.

After saying goodbye and cleaning up, the time together was enjoyed briefly, and each club celebrated that everyone had passed the exam and the beautiful afternoon together.

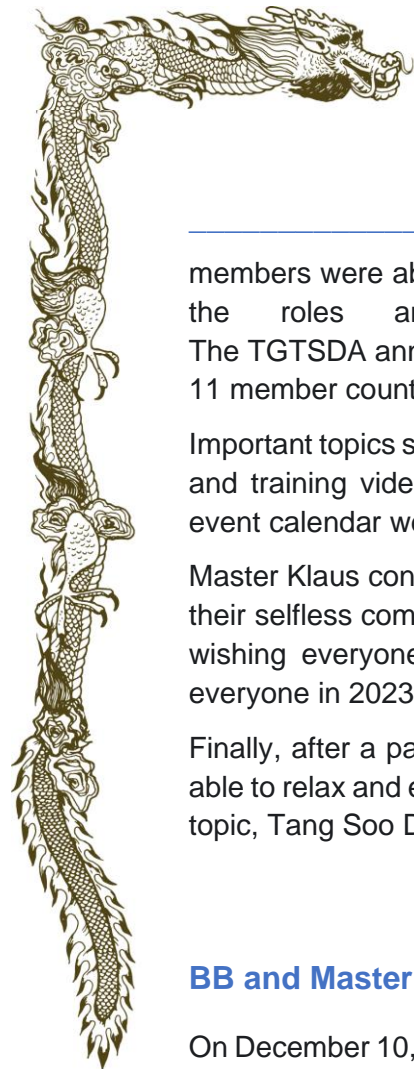
Merle Spreen, 6th Gup, TSD Zorneding, Germany

Final event of 2022

The TGTSDA's final event of 2022 took place on the 12 December at Master Klaus Trogemann's TSD-Studio (DTSDV), Olching. It was a fantastic opportunity to deliver four activities in one day and roundup what has been a very productive, busy and amazing year for TGTSDA and its members. The first activity began at 10 am for the Associations senior ranking Black Belts and masters. Master Klaus took the group through a very pleasant and productive three-hours of advance Hyungs and weapon Hyungs drills. It was an opportunity to refine and standardize the more intricate elements of these forms, as well as covering their traditional roots and application. None of the senior masters are getting any younger, but it is forever encouraging to witness Master Klaus's agility and energy as he led the group through all the drills.



After a short break and a welcome lunch provided by Master Klaus; the group was joined by many of DTSDV's Studio representatives for the German National annual board meeting. Further



members were able to join by Zoom and a productive hour covered the agenda items to determine the roles and responsibilities for the organization as it enters 2023. The TGTSDA annual assembly meeting quickly followed with representatives from the associations 11 member countries attending in person or via Zoom.

Important topics such as the Association's first draft revised constitution; updates on training manuals and training videos; updates on technical supervisors' subcommittees; and finally, the TGTSDA event calendar were covered.

Master Klaus concluded both meetings by taking the opportunity to give his thanks to individuals for their selfless commitment to going the extra mile to ensure the Associations success. He closed by wishing everyone a wonderful Christmas and Happy New Year and looked forward to seeing everyone in 2023.

Finally, after a packed day of events the members who were able to attend the day's events were able to relax and enjoy a social evening that included a banquet and conversation about our favourite topic, Tang Soo Do.

Jan De-Vry, Oh Dan Master, TSD Stuttgart, Germany

BB and Master Seminar and TGTSDA year meeting

On December 10, Master Trogemann invited senior Sam Dans and Masters for a three-hour seminar at his Dojang in Esting where the participants were working on higher Dan Hyungs. Masters and Sam Dans from Germany, Switzerland and the UK could enjoy a personal training with Master Trogemann and the traditional "Leberkäs" lunch afterwards.

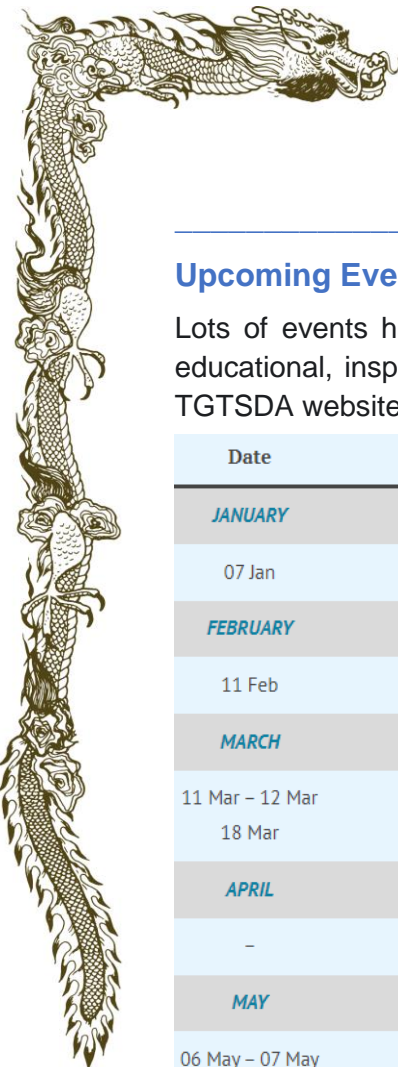


After the year meeting of the German TSD association (DTSDV) the year meeting of the TGTSDA followed, where the president, the treasurer, the general secretary, and other responsible departments reported about the success of the past year of the TGTSDA. The completion and publication of more manuals and brochures could be reported as well as huge developments with the Chung Shin management software. Besides lots of inspirational clinics, Gup and Dan gradings and the fantastic summer camp in Kirchdorf, the highlight was of course the International European Championship in Neufahrn/Germany this year, where participants from all over Europe and even from Indonesia came together, competed and most important of all met old friends and made new ones.

All together a great year for the TGTSDA! We are looking forward to the new year of sharing our knowledge and friendship with our TSD family in the world!

Tang Soo!

Tatjana Schwarz, Sam Dan, Bulsajo TSD, TGTSDA Publications



Upcoming Events 2023

Lots of events have already been planned for the upcoming year. If you would like to join our educational, inspiring and fun events, save the dates! Find more information and updates on our TGTSDA website: [TGTSDA calendar](https://www.tgtsda.com)

Date	Event / Organiser	Instructor(s)	Place
JANUARY			
07 Jan	DTSDV Instructor's Clinic	K. Trogemann	Esting / Germany
FEBRUARY			
11 Feb	DTSDV Youth Clinic	A. Schmid, L. Kalojanidis, F. Decker	Neufahrn / Germany
MARCH			
11 Mar – 12 Mar	TGTSDA Techniques Clinic	N. Scardigno, K. Trogemann	Stockholm / Sweden
18 Mar	DTSDV Il Soo Sik- and Ho Sin Sul Clinic	Dr. Chr. Fasold, K. Trogemann	Zorneding / Germany
APRIL			
-	-	-	-
MAY			
06 May – 07 May	TGTSDA Techniques Clinic	A. Brall, K. Trogemann	Issum / Germany
19 May – 21 May	DTSDV Summer Clinic	K. Trogemann	Kirchdorf am Inn / Germany
JUNE			
10 Jun – 11 Jun	Qi Gong Clinic	K. Trogemann	Esting / Germany
JULY			
15 Jul	DTSDV Weapons Clinic	Th. Krause, K. Trogemann	Leitershofen / Germany
SEPTEMBER			
09 Sep	IMA Tang Soo Do Championship	GM K. Yi, GM S. Nar	Belfast / UK
23 Sep	DTSDV Hyungs Clinic	K. Trogemann	Solln / Germany
23 Sep	DTSDV / TGTSDA Dan Examinations	Masters of the DTSDV / TGTSDA	Solln / Germany
OCTOBER			
14 Oct	DTSDV Techniques Clinic	K. Trogemann	Solln / Germany
NOVEMBER			
31 Oct – 02 Nov	TGTSDA EU Master's Clinic	K. Trogemann	Neufahrn / Germany
03 Nov	TGTSDA EU Black Belts Clinic	K. Trogemann	Neufahrn / Germany
04 Nov	TGTSDA EU Championship	K. Trogemann	Neufahrn / Germany
18 Nov – 19 Nov	DTSDV Techniques Clinic	G. Engenhorst, K. Trogemann	Alpen (NRW) / Germany
DECEMBER			
09 Dec	Master's Clinic & Assembly Meetings of the DTSDV / TGTSDA	K. Trogemann	Esting / 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.

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

IMPRINT

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Klaus Trogemann, TGTSDA editorial team