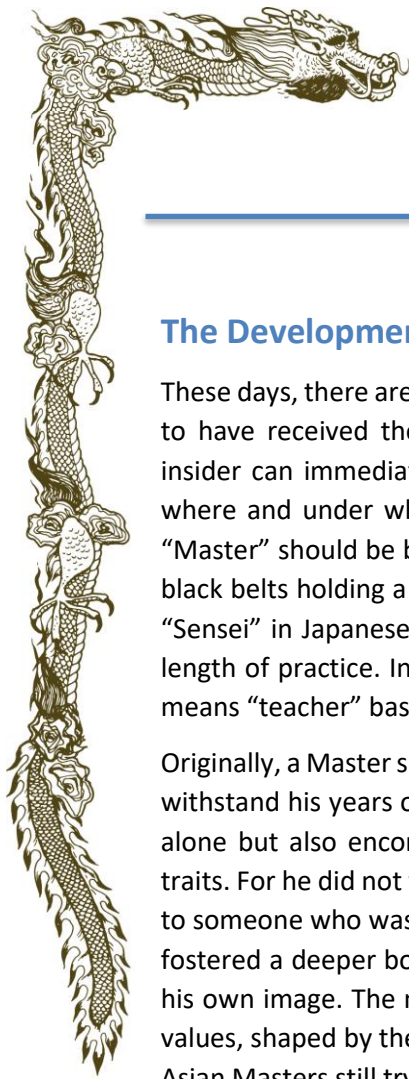




## The Development of a Martial Artist Under an East Asian Master

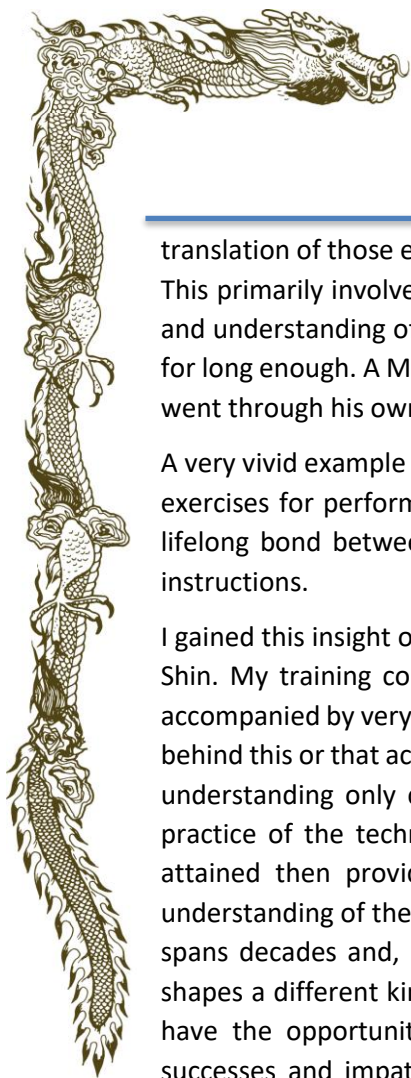
These days, there are not many non-Asian Western Masters who can claim to have received the bulk of their training under an Asian Master. An insider can immediately tell from a Master's demeanour and behaviour where and under whom he received his training. To this end, the term "Master" should be briefly explained. The title "Master"—which refers to black belts holding a 4th or 5th dan or higher, depending on the style—is "Sensei" in Japanese, meaning "teacher" based on the Master's age and length of practice. In Korean, the Master is called "Sah Bum Nim," which means "teacher" based on the Master's experience and knowledge.

Originally, a Master selected his few students based on whether they could withstand his years of training, which was not limited to physical abilities alone but also encompassed the development of mental and character traits. For he did not want to waste his valuable time imparting knowledge to someone who was unable to keep up with his training. This training, which lasted many years, inevitably fostered a deeper bond between teacher and student. In this way, a Master could build a martial artist in his own image. The mental and character training was deeply influenced by Far-Eastern philosophies and values, shaped by the teachings and worldviews of Buddha, Confucius, and Lao Tzu. Even today, traditional Asian Masters still try, with varying degrees of success, to convey aspects of this traditional form of training to their now larger number of students. The Western student, who did not grow up with this Asian-influenced mindset and does not Master it, generally does not understand what his Asian trainer is trying to convey to him. He inevitably limits himself to learning only the techniques, whose philosophical underpinnings he cannot grasp on his own. To put it simply, this student remains a craftsman for life and, due to a lack of background knowledge, will never become a Master of martial arts despite his outstanding physical techniques, even if he adorns himself with this title. True martial arts Masters are recognized by their demeanour and not by their clothing or their title.

One of the key fundamental differences between Western and Eastern cultural understandings is this: a student raised in the Western mindset asks questions, scrutinizes, and questions everything. A student raised in the Far Eastern mindset asks no questions, scrutinizes nothing, and questions nothing. Thus, training under a Far Eastern Master is entirely different from training under a Master trained in a purely Western tradition. Seen in this light, those who have been trained under Far Eastern Masters form a link between the purely Far Eastern Masters and the purely Western Masters.

Those Western Masters who have undergone years of training under a Far Eastern Master—a process that was not easy for them to grasp—are also able, as so-called "bridge Masters," to convey the essential understanding of the theoretical elements of martial arts to their purely Western-oriented students. Japanese martial arts Masters use the term "Mondo" for this. During such a regularly held "Mondo" (teaching discussion), the Western-oriented student learns from his—Far Eastern-trained—Western Master, over the course of years, the additional background knowledge necessary for learning martial arts, which a Master trained purely in the West lacks. This knowledge, acquired over many years under a Far Eastern Master and imparted by him, is generally the accumulation of experiences gained through specialized training and the





translation of those experiences into a deep understanding of the philosophical foundations of martial arts. This primarily involves the persistent, patient learning of techniques without asking questions. The insight and understanding of the “why” comes naturally over time if one practices them carefully and persistently for long enough. A Master trained in the Far East knows the “why” because of his own background. He, too, went through his own training in exactly this way.

A very vivid example of this can be found in the film \*The Karate Kid I\*: waxing and painting as preparatory exercises for performing powerful martial arts techniques. Over the years, this type of training fosters a lifelong bond between Master and student, based on the student’s unconditional trust in the Master’s instructions.

I gained this insight over the course of more than 37 years as a student of my Master and teacher, Jae Chul Shin. My training consisted of—and still consists of -- the silent transmission of techniques and forms, accompanied by very few but significant explanations. It was only much later that I understood the meaning behind this or that action, this or that instruction, or the significance of a particular comment. However, this understanding only comes when one has, without any ifs or buts, worked for years with the constant practice of the techniques and forms. The accompanying personal progress, experiences, and the skill attained then provide a student, in retrospect, with the necessary insights and thus inevitably the understanding of the processes that have been undergone and internalized. Such a developmental process spans decades and, in essence, never ends! This type of training under a Far Eastern Master inevitably shapes a different kind of Master than one formed within a purely Western cultural context, who did not have the opportunity to undergo this traditional Far Eastern-influenced training. In the West, quick successes and impatient progress are the order of the day. In the Far East, above all, great patience, perseverance, and absolutely no haste regarding one’s own expected progress is required.

A Far Eastern training regimen that demands a great deal of inner calm is not easily conveyed to a Western martial artist who is focused on quick success. In this context, only a period of over 30 years truly reveals the true achievement of a martial artist compared to that of a martial sports practitioner.

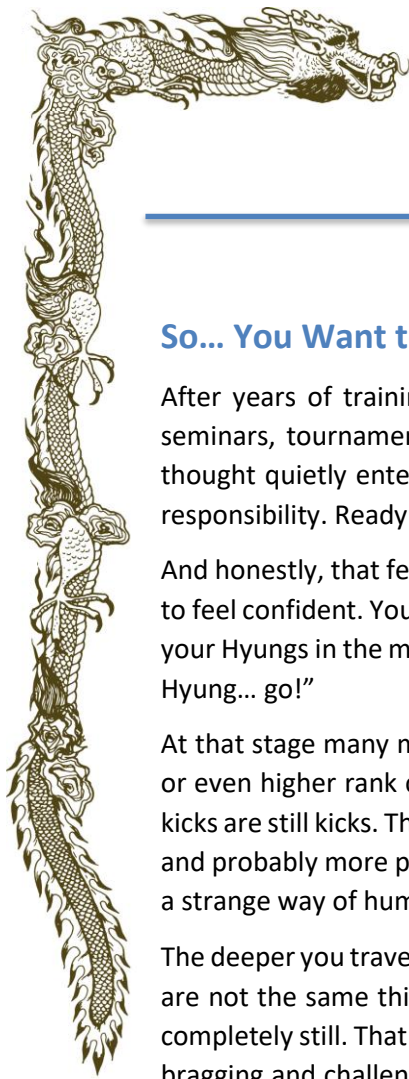
The Master patiently tells the student—without the student having to ask first—when he is ready or has made progress, and it is not the student who impatiently demands his expected progress from the Master!

Here one can recognize one of the understandings of the concept of ‘Do’—the Way of Life. The Way is, in essence, spiritual training through rigorous physical training. The ancient Greeks recognized this with their gymnasium, and the Romans with a somewhat freely interpreted saying: Only through the path of a healthy and trained body can a healthy, free spirit develop.

KCN Klaus Trogemann



The teacher Grandmaster Jae Chul Shin (then 74 years) and his student Senior Master Klaus Trogemann (then 64 years) at the simultaneous award ceremony after previously passing the examination for 9th and 6th Dan in 2010 on the occasion of the World Championships in Tang Soo Do in Greensboro NC/USA



## GUEST EDITORIAL

### So... You Want to Become a Master?

After years of training, it happens to almost every martial artist sooner or later. Somewhere between seminars, tournaments, black belt tests, sore knees, and endless repetitions of the same techniques, a thought quietly enters the mind: "I think I'm ready now." Ready for the next Dan grade. Ready for more responsibility. Ready to teach. Maybe even ready to become a Master.

And honestly, that feeling is not strange at all. After years of dedication, discipline, and training, it is natural to feel confident. You know the terminology, you understand the techniques, and you can probably perform your Hyungs in the middle of the night if someone suddenly woke you up and shouted, "Pyung Ahn Cho Dan Hyung... go!"

At that stage many martial artists begin looking at the next promotion differently. A fourth Dan, fifth Dan, or even higher rank can start to feel like "more of the same." After all, how different can it really be? The kicks are still kicks. The punches are still punches. You already survived years of training, corrections, bruises, and probably more push-ups than any normal person would voluntarily choose in life. But martial arts have a strange way of humbling people exactly at the moment they think they finally understand it.

The deeper you travel into martial arts, the more you begin to realize that technical skill and personal growth are not the same thing. In fact, many martial artists become technically stronger while mentally standing completely still. That is often where ego quietly enters the room. Not always the loud ego that walks around bragging and challenging everyone. Sometimes ego is much more subtle. It whispers things like: "I already know this.", "I've trained long enough.", "I understand how this works.", "I'm ready."

There is an old story about a university professor who once visited a famous martial arts Master. The professor had spent years studying philosophy and considered himself highly educated. During the visit, he spoke endlessly about wisdom, discipline, enlightenment, and the deeper meaning of martial arts. The Master listened quietly while the professor continued talking about all the things he knew and understood. Eventually, the Master offered him tea. As the tea was poured, the cup slowly filled to the top. But the Master continued pouring. Tea spilled over the sides, onto the table, and finally onto the floor. The professor jumped up in frustration. "Stop! The cup is already full!" The Master calmly replied: "Exactly. And so are you."



That story has survived for generations because it contains one of the deepest lessons in martial arts. A full cup cannot receive anything new.

Sometimes martial artists unknowingly fill their own cups with rank, experience, titles, or pride. The Danger is not that someone becomes skilled. Skill itself is not the problem. The Danger begins when somebody starts believing they no longer need to learn. And unfortunately, martial arts history has shown many examples of this. Sometimes people become so focused on titles and rank that the original purpose of martial arts slowly disappears. Over the years, we have seen individuals promote themselves higher and higher — ninth Dan,



tenth Dan, eleventh Dan, even twelfth Dan — almost as if the number itself automatically creates wisdom, ability, or authority.

But a higher number on a belt does not automatically create a higher character. Real martial arts is not a competition to see who can collect the biggest title. Yet sometimes people begin believing: “If my rank is higher, then I must be better.”, “If my title is bigger, then everyone should listen to me.” But true respect has never come from embroidery on a belt. It comes from character. From humility. From consistency. From the way somebody treats others when nobody is watching.



The late Grandmaster Jae Chul Shin once said: “Ego is the greatest opponent in martial arts.” And perhaps he was absolutely right. Because ego can quietly poison even the most talented martial artist. Sometimes a student begins resisting correction because they believe they already know better. Sometimes a student distances themselves from their instructor because they believe they have “outgrown” their teacher. Sometimes rank creates the illusion that authority automatically equals wisdom.

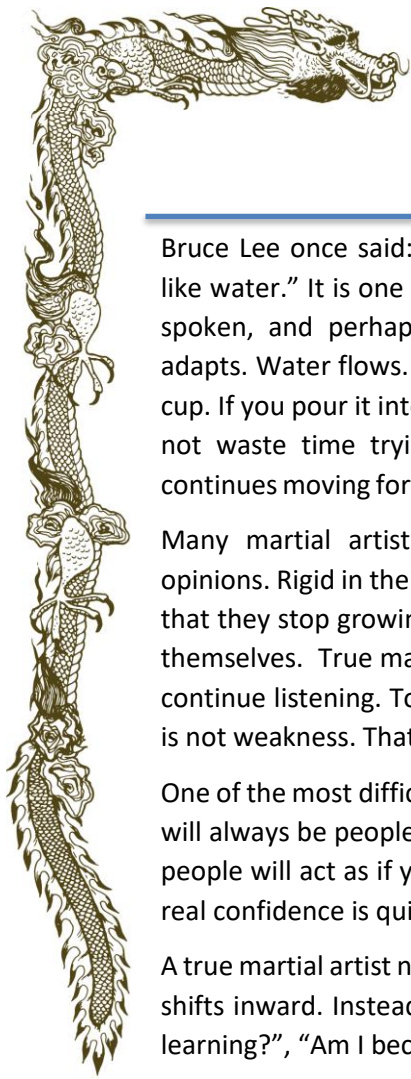
Of course, students should continue growing. In healthy martial arts, students may eventually develop knowledge, experience, or perspectives beyond what

they once had. That is natural. Growth is part of the journey. But there is a big difference between growth and arrogance. A student who continues learning usually remains respectful toward the people who helped shape their path. A student controlled by ego often becomes more focused on proving superiority than continuing development. And strangely enough, ego often appears strongest exactly at the moment someone believes they have finally “made it.”

Ironically, becoming a Master is often the exact opposite of what people imagine. Many people think Masterhood is about finally reaching the top of the mountain. They imagine a person who has all the answers, complete control, and perfect understanding. But most experienced martial artists eventually discover something very different.

The higher the rank, the more aware you become of how much you still do not know. A first Dan often feels powerful because it is the first major milestone. A fourth Dan feels different. By then, many martial artists begin realizing that martial arts is not a destination at all. It is a lifelong process of refinement. Not perfection, because perfection does not exist, but refinement of character, discipline, patience, and understanding.

That realization can be both beautiful and frustrating at the same time. There will always be someone faster than you. Someone stronger. Someone more flexible. Someone with more experience. Someone who seems more talented. In younger years that can feel threatening, because many people secretly compare themselves to everyone around them. Martial arts schools are full of invisible competitions that only exist inside people’s heads. But eventually you begin to understand something important: martial arts were never meant to be a race against other people. It is your own journey.



Bruce Lee once said: "Empty your mind. Be formless, shapeless, like water." It is one of the most famous martial arts quotes ever spoken, and perhaps one of the most misunderstood. Water adapts. Water flows. If you pour water into a cup, it becomes the cup. If you pour it into a bottle, it becomes the bottle. Water does not waste time trying to prove how powerful it is. It simply continues moving forward. There is enormous wisdom in that idea.

Many martial artists become rigid over time. Rigid in their opinions. Rigid in their rank. Rigid in their way of thinking. Sometimes people hold onto their titles so tightly that they stop growing completely. They become more focused on protecting their image than developing themselves. True martial arts growth requires the opposite. It requires the willingness to remain open. To continue listening. To continue learning. To continue being corrected, even after decades of training. That is not weakness. That is maturity.

One of the most difficult lessons in martial arts is learning not to let other people define your journey. There will always be people who underestimate you, challenge you, or try to make you feel inexperienced. Some people will act as if you "know nothing." Others will behave as if rank alone determines human value. But real confidence is quiet.

A true martial artist no longer feels the constant need to prove something to everyone else. The focus slowly shifts inward. Instead of asking: "Am I better than them?", you begin asking: "Am I growing?", "Am I still learning?", "Am I becoming a better version of myself?"

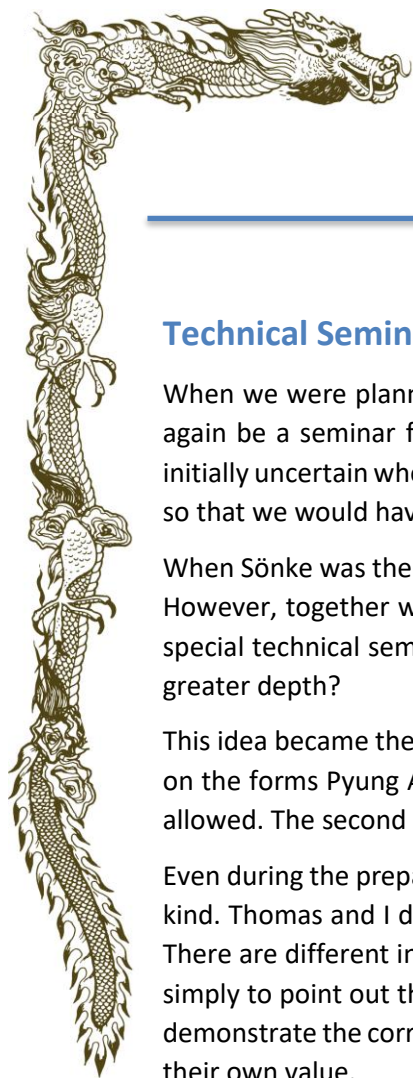
That is a completely different mindset. And perhaps that is the real meaning of becoming a Master. Not arriving at the end of the road but realizing there is no end. Masterhood is not the moment where learning stops. It is the moment where responsibility becomes greater. Responsibility for your own behaviour, your own attitude, your own students, and your own continued development. A true Master understands that he or she will always remain a student as well. Maybe that is why the wisest martial artists are often the humblest ones. They no longer need to convince everyone how much they know. Their confidence comes from experience, patience, and understanding rather than ego.

And perhaps the greatest lesson of all is this: The day your cup becomes completely full... may be the day your martial arts journey quietly stops growing.

So... you want to become a Master? Good. Just make sure you never stop being a student.



Richard Suijker, Oh Dan, Dojang Ki Horangi, The Netherlands



## NEWS AND EVENTS

### Technical Seminar 2026 in Neufahrn – A Personal Account

When we were planning our 2026 calendar, it was clear to us from an early stage that there should once again be a seminar for children and young people. Sönke von Heymann agreed to organise it. As it was initially uncertain whether a suitable hall would be available, we prudently reserved the TSV Hall in Neufahrn so that we would have an alternative if necessary.

When Sönke was then able to secure a hall in Geiselbullach, our reservation was no longer actually needed. However, together with Master Thomas Krause, a new idea emerged: Why not use this opportunity for a special technical seminar? A seminar focusing specifically on selected topics and exploring the material in greater depth?

This idea became the concept for our advanced seminar. In the first session, we wanted to work intensively on the forms Pyung Ahn Sam Dan and Sa Dan, and possibly also Pyung Ahn Oh Dan, if time and the group allowed. The second half of the seminar was to focus on the Bong one-step techniques.

Even during the preparation, it became clear how much planning and collaboration go into a seminar of this kind. Thomas and I discussed the content, key areas of focus, and teaching methods on several occasions. There are different interpretations and ways of performing the forms in different studios. Our aim was not simply to point out these differences, but to make the “common thread” of the forms understandable—to demonstrate the correct sequence, meaningful interpretations, and where differences are justified and have their own value.

We met several times to train together, discuss techniques, and consider how we could best convey our Tang Soo Do ideas. Once again, I was reminded that good seminars do not happen spontaneously; they grow through preparation, exchange, and a shared commitment to continually improving ourselves.

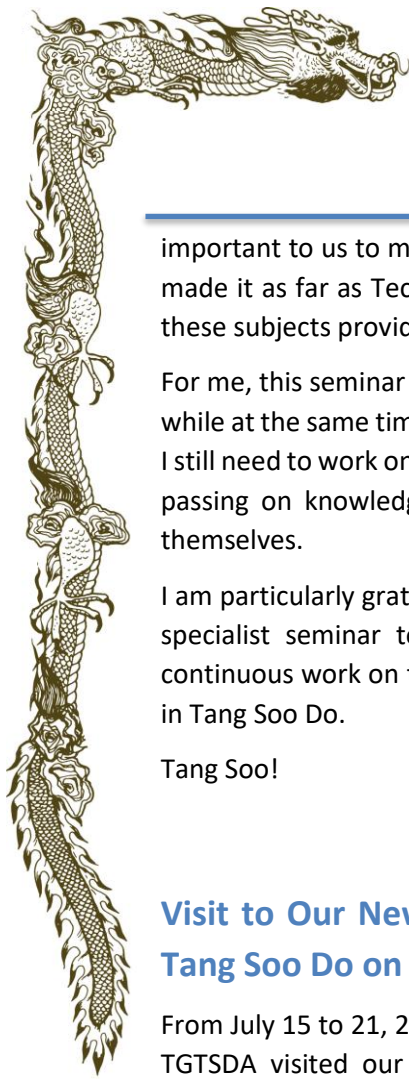
As other TSD events were taking place at the same time, including events with our Austrian friends, we knew that we could not expect a huge group. We were therefore all the more pleased with the 15 participants who had specifically travelled to Neufahrn because of this special subject matter.

During the first half, we worked intensively on the Pyung Ahn forms. Sam Dan and Sa Dan in particular required considerable time but working together on the applications was both exciting and highly instructive. Unfortunately, there was less time for the Oh Dan form than we had hoped—another indication of just how much depth and potential for exploration these forms contain.

During the break, everyone was able to recharge with some small refreshments. Alongside the opportunity to rest, conversation, sharing experiences, and the friendly interaction among participants once again came naturally—something that, for me, is an essential part of every good seminar.

After the break, we continued with the one-step staff techniques. These techniques are part of our repertoire, but they often receive too little attention during regular training. Precisely for that reason, it was





important to us to make focused progress in this area. Our goal was to demonstrate all 30 techniques. We made it as far as Technique 25; we were only able to briefly touch on the final five. This, too, shows that these subjects provide more than enough material for continued study and practice.

For me, this seminar was a valuable experience in several respects. I think everyone involved was satisfied, while at the same time the day once again showed me that, over the years, personal habits can develop that I still need to work on. That is precisely what makes seminars like this so valuable: they are not merely about passing on knowledge but are also an opportunity for reflection and development for the instructors themselves.

I am particularly grateful to KCN Klaus Trogemann for giving me the opportunity to organise and teach this specialist seminar together with Master Thomas Krause. Once again, the seminar showed me that continuous work on technique, teaching methodology, and organisation is an essential part of our journey in Tang Soo Do.

Tang Soo!

Alexander Schmid, Sam Dan, TSD Neufahrn/Germany

## Visit to Our New Member Studio in the Seychelles - A Milestone for Traditional Tang Soo Do on the Seychelles

From July 15 to 21, 2026, the Chairman of the TGTSDA visited our new member studio in Victoria on Mahé, Seychelles. This Tang Soo Do studio is led by SBN Lindy Bedier, who founded it in January 2026. In the meantime, the studio has grown to approximately 15 members. Ten of them successfully took their Gup examination under the supervision of KCN Klaus Trogemann on July 19, 2026.

The day before, an official inauguration ceremony took place in the presence of local guests of honour, who had the opportunity to see for themselves the standard already achieved by this newly established studio.

Considering how short a time the studio has been in existence, its members demonstrated truly remarkable progress.

On July 20, 2026, KCN Trogemann conducted a demanding two-hour seminar for the members present. It was a strenuous session, but it was received with great enthusiasm by everyone who took part.

The Sunrise Tang Soo Do Seychelles studio was an excellent host, and its leader, together with her family, made every effort to make our stay as pleasant and generous as possible.





My heartfelt thanks go to SBN Lindy Bedier and her family, as well as to all the studio members, for the wonderful time on their beautiful island. I am very happy to have met such kind and dedicated people, and I look forward to visiting them again at the next opportunity and continuing to support their development.

Next time, however, I hope to return together with other TGTSDA members.

KCN Klaus Trogemann



### Lindy Christie Bedier - Founder/ Chairperson Tang Soo Do Sunrise - Seychelles

Lindy Started practicing Tang Soo Do in 2014 when she joined Northern Tang Soo Do-Seychelles, which is a Member of WTSDA.



At 52 years of age, Lindy proves that dedication to martial arts knows no age. In pursuit of excellence, she travelled all the way to Esting, Germany for intensive training under the guidance of Grandmaster Klaus Trogemann. A transformative experience that tested her discipline, resilience, and passion for the art.

Following her training, Lindy attended Summer Camp in Kirchdorf, where she faced her defining moment: her grading test for Black Belt 1st Dan. She passed. A milestone that reflects years of commitment, sacrifice, and a drive to grow.

Having opened her very own Studio, Tang Soo Do Sunrise – Seychelles, she now brings her knowledge, spirit, and love for

martial arts directly to her community.

Her journey is a powerful reminder that it is never too late to chase a dream, earn your stripes, and inspire others along the way.

Lindy Bedier, Cho Dan, Tang Soo Do Sunrise, Seychelles

Find an article about our club on the Seychelles on the next page

Karate

# Sunrise Tang Soo Do opens its doors

● KSN Lindy Bedier makes history



KSN Bedier, the country's first woman to head a karate school



Timothy Jacques, from white to orange



Lilia Freminot, from white to strip



Cael MacGaw, from white to orange



Paris MacGaw, from white to orange



Hakeel Malbrook, promoted from white to strip



Marie-Michelle Hortère, from white to orange



May Azemia, from white to orange



Laurent Jumeau, from white to strip



Rylee Legale, from white to orange



KSN Bedier performing a board-breaking demonstration



A self-defence demonstration



Liana Bedier, from orange-green to green

History was made for martial arts in Seychelles last weekend when Sah bali nim Lindy Bedier became the country's first woman to head a karate school following the soft opening of Sunrise Tang Soo Do at the Anse Etoile community centre.

The occasion marked not only the fulfilment of a lifelong dream for the 1st dan black belt holder, but also a significant milestone for the local martial arts community, opening a new chapter for women in leadership within the sport.

The soft opening came days after KSN (chief instructor) Bedier was elected as the new chairperson of the Sey-

chelles Women and Sports Association (SWASA), the national organisation that promotes the participation, leadership, and empowerment of women and girls in sports across Seychelles.

The soft opening ceremony, followed by a grading session was attended by family members, students, parents, friends and invited guests including chairman of the Seychelles Karate Federation (SKF) Christopher Hoareau, heads of various local Karate schools, while the presence of Grandmaster Klaus Trogenmann of Germany added further significance to the event.

Sunrise Tang Soo Do is officially af-

filiated with the Traditional Global Tang Soo Do Association, based in Germany, and KSN Bedier expressed her appreciation to Grandmaster Trogenmann for travelling to Seychelles to witness the school's opening.

Addressing those gathered, Sah bali nim Bedier described the occasion as much more than the launch of a new martial arts school.

"Today is more than just the opening of a martial arts studio, but it is the

beginning of a vision and the continuation of a remarkable journey," said KSN Bedier.

She explained that the name Sunrise Tang Soo Do was chosen deliberately, with the sunrise symbolising hope, perseverance and fresh beginnings, adding that every sunrise offers us another opportunity to rise, to embrace change, to learn from yesterday and to become a better version of ourselves.

For KSN Bedier, those words reflect

a journey shaped by resilience.

In 2023, she suffered a serious injury that threatened to end her involvement in martial arts. The setback could easily have brought her career to an end, but instead strengthened her determination to continue pursuing her passion.

She said Tang Soo Do has always taught her that true strength is not measured by how many times we fall, but by the courage and determination to get back up every time we are knocked down.

Three years later, she stood proudly before supporters as she officially opened the school she had envisioned, describing the achievement as one made possible through the encouragement, support and belief of many people.

KSN Bedier also paid tribute to her family, friends, students and mentor, Grandmaster Trogenmann, thanking them for their confidence and unwavering support throughout her journey.

She also did not forget to acknowledge James Faure and Northern Tang Soo Do, where she first began her martial arts journey, recognising the role they played in laying the foundation for her development as both a practitioner and an instructor.

Looking beyond the opening ceremony, KSN Bedier shared her vision for Sunrise Tang Soo Do, emphasising that its purpose extends far beyond teaching self-defence.

"At Tang Soo Do Sunrise we do more than just the practice of self-defence; it is a discipline that fosters

respect, confidence, perseverance, humility and strong character," she said.

She explained that the school aims to provide a safe, supportive and inspiring environment where children, young people and adults can grow physically, mentally and emotionally through martial arts while developing values that extend into everyday life.

KSN Bedier said, those values are reflected in the school's guiding principles of integrity, discipline, respect, perseverance, community, humility and excellence. Its motto, "Rise to the Challenge - One Student at a Time," underscores its commitment to nurturing each student individually and helping them achieve their personal best.

KSN Bedier also thanked the parents for entrusting the school with their children, promising to work in partnership with families to help develop confident, respectful and responsible individuals.

To her students, she offered words of encouragement, reminding them that every class, every challenge and every achievement would contribute not only to their progress in martial arts but also to their growth as people.

As the first woman to head a karate school in Seychelles, KSN Bedier's achievement represents a landmark moment in the country's sporting history.

Her accomplishment breaks new ground in a discipline that has traditionally been led by men and is expected to inspire more women and girls to pursue martial arts, not only as athletes but also as instructors and leaders.

With Sunrise Tang Soo Do now officially open, KSN Bedier hopes to build a welcoming martial arts community where every student is treated like family and encouraged to pursue excellence through discipline, humility and perseverance.

For her, the school's name is more than a symbol, but also a reminder that every sunrise brings a new opportunity to rise above challenges, embrace growth and become a better version of oneself, a philosophy she now hopes to pass on to every student who walks through the doors of Sunrise.

Following the official part of the ceremony, 10 students were also graded varying from stripe, orange to green belt.

They are Hakeel Malbrook (white to strip), Lilia Freminot (white to strip), Laurent Jumeau (white to strip), Timothy Jacques (white to orange), Marie-Michelle Hortère (white to orange), Paris MacGaw (white to orange), Cael MacGaw (white to orange), Rylee Legale (white to orange), May Azemia (white to orange), and Liana Bedier (orange-green to green).



A demonstration by the students



The newly-promoted students in a family photo with Grandmaster Trogenmann, and KSN Bedier

Text and photo: Roland Duval

## In Brief

### VOLLEYBALL

#### Women's SVF Cup semifinals

Today at 5.30pm at the Palais des Sports, on Court B City Ladies v Premium Cobras Ladies.

On Friday at 5.30pm at the Palais des Sports, on Court B Cascade v Ansu Ladies.

#### Men's SVF Cup semifinals

Tomorrow at 7pm at the Palais des Sports, on Court A, Neo Boys v St Louis Dynamix.

On Friday, at 7pm at the Palais des Sport, Beau Vallon v Brotherhood.

### BASKETBALL

#### Men's league division one

On Saturday at the Victoria Gymnasium: at 2pm Praslin Boys v Baya, and at 4.30pm Cascade Bullets v PLS Hawks.

#### Men's league division two

Today at 5.15pm at the Victoria Gymnasium, PLS Legends v AB Boys.

On Friday at 5.15pm at the Victoria Gymnasium, Anse Royale v Premium Cobras.

On Saturday at 3.30pm at the Victoria Gymnasium, JMSDG v PTL Thunder.

### KARTING

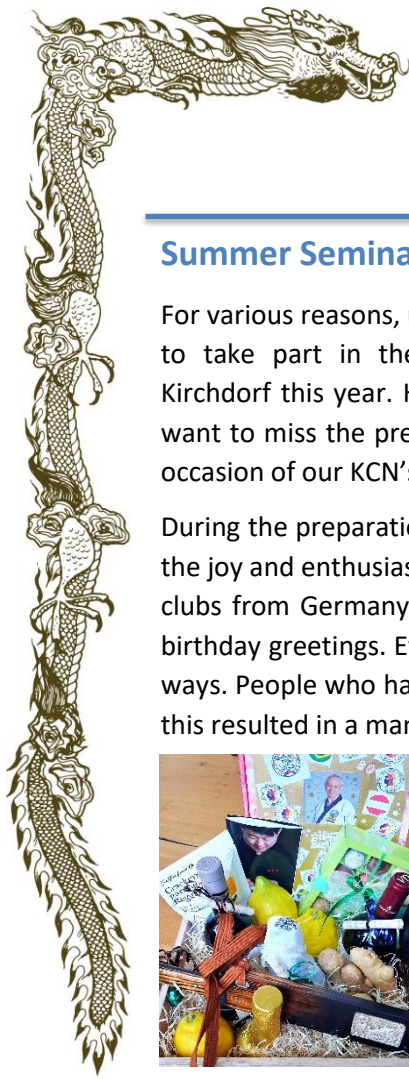
#### Autosport Seychelles mid-season kart grand prix

The 2026 mid-season Kart GP for all classes will take place on Sunday July 26, starting at 8.30am at the Champions Park Raceway.

This is a non-championship event and prizes will be awarded at the end of the day.

The Entry deadline for this event is tomorrow at noon.

Sign-on will begin 15 minutes before the start time, and all competitors are advised to verify their ballast before racing.



## Summer Seminar in Kirchdorf – A Gift for KCN Trogemann

For various reasons, unfortunately I was not able to take part in the entire summer camp in Kirchdorf this year. However, I certainly did not want to miss the presentation of the gift on the occasion of our KCN's 80th birthday.

During the preparations, it was wonderful to see the joy and enthusiasm with which the individual clubs from Germany and abroad prepared their birthday greetings. Everyone made a great effort, with some putting their wishes to paper in very creative ways. People who have a particularly close connection with KCN also took part in the initiative. In the end, this resulted in a many-page birthday card containing greetings from all continents.



The birthday ceremony began with a loud and enthusiastic chorus of "Happy Birthday" and the Tang Soo Do anthem. An exquisite gift basket filled with delicious treats, fine wines, a distinguished brandy, and a voucher for the award-winning Korean restaurant MUN in Munich was presented. There were also more than a few tears of emotion.

As a special gift and in recognition of KCN Trogemann's tireless dedication to Tang Soo Do for more than 50 years, I had the honour of presenting him with a knife specially designed and handcrafted for him by our member and Cho Dan, Cade Schwarz. It features KCN's Dojang symbol, the tiger, and the eight black stones represent both his 8th Dan and the eight decades of our Grandmaster's life. A heartfelt thank you to Cade for this wonderful work!



The visit of KCN Trogemann and his wife Emely to Restaurant MUN was then organised by Rainer Unsold in July, and Oliver Stahl kindly agreed to be the chauffeur for the evening. Many thanks to you as well!

After the small ceremony, we did what KCN Trogemann enjoys most: we trained together. Even though I only had a short time to train, I was still able to take two or three things home with me to work on. That is one of the things I value so much about Tang Soo Do—there is always something new to learn.

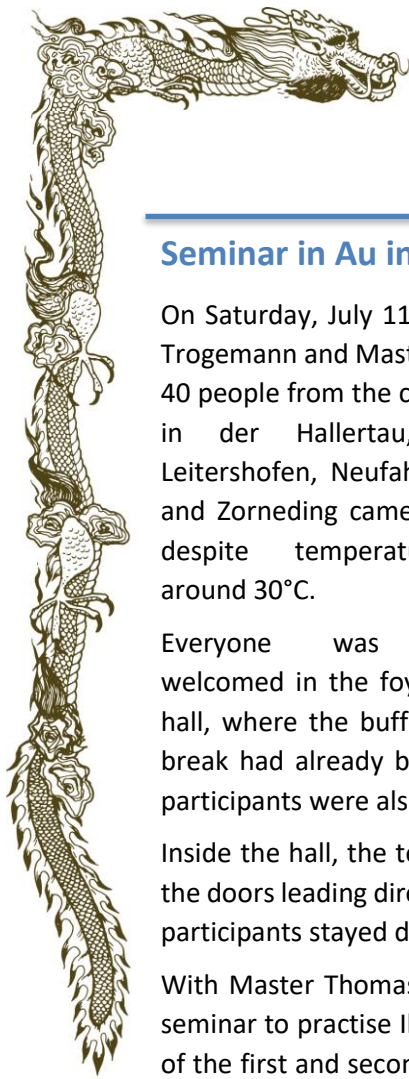
I was particularly happy to meet Lindy Bedier, our country representative from the Seychelles, who also took her Cho Dan belt test on that day. Congratulations, Lindy!

Before I headed home, the female members fulfilled Lindy's wish for a group photograph with KCN. She has made it her mission to promote Tang Soo Do in the Seychelles, particularly among girls and women. And what a wonderful group of female martial artists had gathered!



I am sure the evening BBQs and the training sessions were, as always, fantastic. And one thing is certain: next year, I will definitely be back!

Tatjana Schwarz, Bulsajo TSD, Senden/Germany



## Seminar in Au in der Hallertau: Practice Makes Perfect!

On Saturday, July 11, 2026, the third seminar in Au in der Hallertau took place. It was led by KCN Klaus Trogemann and Master Thomas Krause. Although the hosting club had expected more participants, around 40 people from the clubs in Au in der Hallertau, Esting, Leitershofen, Neufahrn, Solln, and Zorneding came together despite temperatures of around 30°C.



Everyone was warmly welcomed in the foyer of the hall, where the buffet for the break had already been prepared, including the now customary giant pretzel. At the registration desk, participants were also given directions to the appropriate changing rooms.

Inside the hall, the temperature was more bearable than the previous year. This may have been because the doors leading directly outside remained closed this time. That certainly did not mean, however, that the participants stayed dry after the traditional group greeting and the division into two groups!

With Master Thomas Krause, the Gup grades up to 3rd Gup had the opportunity during the three-hour seminar to practise Il Soo Sik and Ho Sin Sul, among other things, to learn and/or deepen their knowledge of the first and second staff forms, and to begin working on the Bong one-step techniques. Master Krause was praised for his calm and patient teaching style, which made everything easy to understand for everyone.

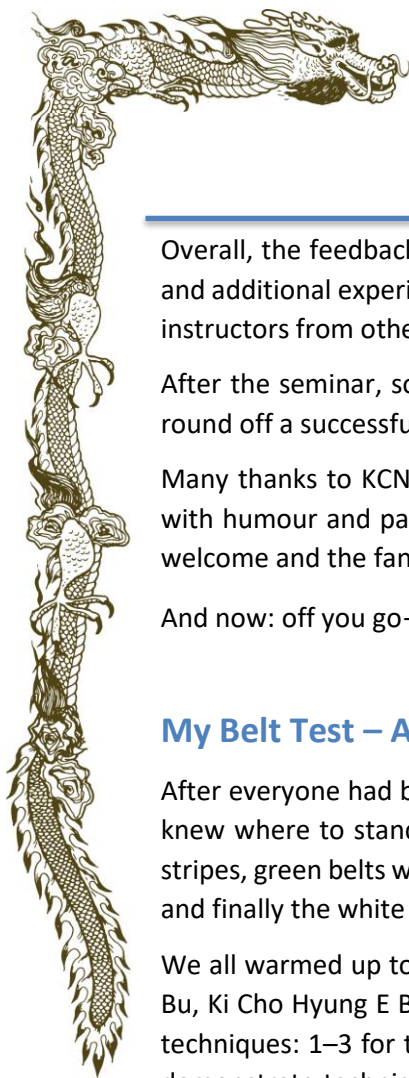
The higher colour belts, from 2nd Gup upward, together with the black belts, were in the hands of KCN Trogemann. With his ever-watchful eye, he missed nothing. Under the seminar's main theme of Hyung, he offered a varied programme with something for everyone: reviewing and deepening the Pyung Ahn Hyungs for all; learning new Hyungs for some, while others had the opportunity to deepen and refresh their knowledge; and gaining experience in teaching Hyungs using Bassai Shô as an example.

Finally, using Shin Yi Chang Hyung and Bong Hyung Sah Bu, KCN Trogemann demonstrated how the sequence of a Hyung can be taught in a very short period of time. The Hyung is divided into small sections. First, one section is performed together with the instructor two or three times. The students then practise that section on their own several times before moving on to the next part, which is subsequently added to the previous section. In this way, the complete sequence of the Hyung gradually comes together.

An important point when teaching a Hyung from the beginning is that the initial focus should simply be on memorising the movement pattern. At this stage, it is therefore better not to explain too much, but rather to have the students perform the Hyung again and again. The finer details and corrections can come later.

Towards the end of the seminar, the higher colour belts and black belts were given a choice: Should they spend the remaining time working on Ho Sin Sul, or would they prefer to continue practising Bong Hyung Sah Bu? The decision was clearly in favour of continuing with the Bong Hyung. After all, less is often more—and practice makes perfect!

The seminar ended at 1:00 p.m. with a short but important reminder: at a seminar, knowledge can only be passed on. It is up to each individual to deepen that knowledge through practice and repetition during regular training and/or at home. Because, once again: practice makes perfect!



Overall, the feedback on the seminar was very positive. Everyone was able to take home new knowledge and additional experience. But just as importantly, it is always a pleasure to meet Tang Soo Do students and instructors from other clubs, get to know new faces, and catch up with old friends.

After the seminar, some of us met at Ristorante “La Piazza” in Nandlstadt. It was a very pleasant way to round off a successful day of training!

Many thanks to KCN Trogemann and Master Thomas Krause for their patient teaching, always delivered with humour and passion! And a big thank you as well to the members of the hosting club for the warm welcome and the fantastic buffet during the break!

And now: off you go—time to practise! 😊

Anna Steinmetz, Sam Dan, TSD Leitershofen/Germany

### My Belt Test – An Experience Report by an 8th Gup

After everyone had been welcomed, we lined up according to rank. We always do it this way, so everyone knew where to stand. This time, the red belts were the highest ranks, followed by the brown belts with stripes, green belts with stripes, green belts, orange belts with stripes, orange belts, white belts with stripes, and finally the white belts.

We all warmed up together and then the class began. We performed Ki Cho Hyung Il Bu, Sae Kye Hyung Il Bu, Ki Cho Hyung E Bu, and Sae Kye Hyung E Bu together. After that came the hand-and-foot self-defence techniques: 1–3 for the white belts and 1–5 for everyone else. I was a white belt with stripes, so I had to demonstrate techniques 1–5. By this point, the white belts had already finished their part of the test and were allowed to watch the rest from the side.

Then we performed some more forms: Ki Cho Hyung Sam Bu and Pyung Ahn Cho Dan. The orange belts demonstrated hand-and-foot self-defence techniques 5–7, while everyone else did techniques 5–10. After that, the orange belts were also allowed to watch from the side.

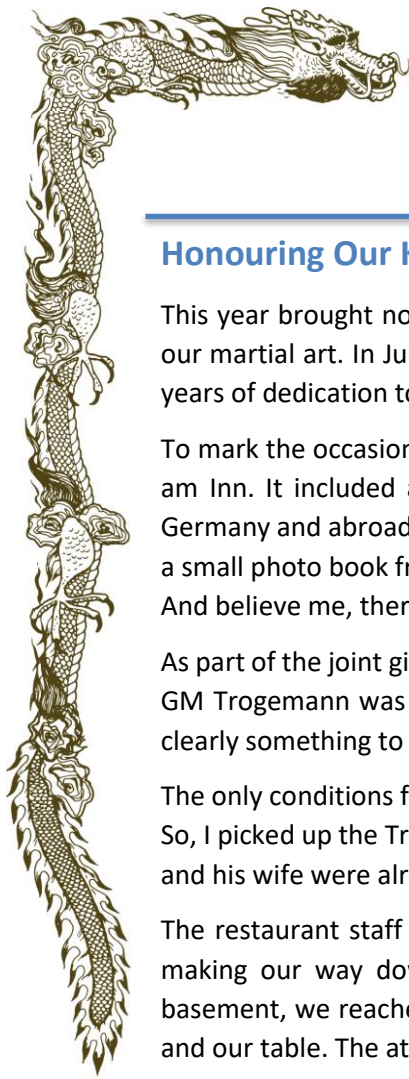
The same thing continued according to rank. We performed higher and higher forms and demonstrated more difficult hand-and-foot self-defence techniques, while the lowest belt colour still taking part sat at the side and watched. The red belts had to keep going the longest. They also had to perform a Bong form. Some students had to do a breaking test in order to pass. Those who did not have to do one were allowed to do it voluntarily.

For the theory part, everyone had to say a Korean word. The students with the lowest belt ranks were allowed to go first. This meant it became more and more difficult for the higher ranks to think of a word that nobody had said yet. Luckily, everyone knew a word, and everyone passed the test!

I was very happy with how I did and I am already looking forward to learning more forms and taking my next belt test.

A big thank you goes to all the examiners. Throughout the whole test, I felt very motivated and well supported by them. Their encouragement and understanding helped take away a lot of my nervousness. That really helped me a lot.

Sofia Banse, 8th Gup, TSV Issum/Germany



## Honouring Our KCN Klaus Trogemann

This year brought not just one, but several milestones for our Grandmaster and his lifelong dedication to our martial art. In July, Klaus Trogemann celebrated his 80th birthday, while at the same time marking 50 years of dedication to our sport.

To mark the occasion, he had already received an exquisite gift basket at the summer seminar in Kirchdorf am Inn. It included a knife specially made for GM Trogemann, with contributions from all the clubs in Germany and abroad, as well as from other people closely connected to our Grandmaster. He also received a small photo book from his students in Esting, featuring some of his best sayings from 20 years of training. And believe me, there were enough of those to fill a book!

As part of the joint gift, we arranged a special evening in Munich for him and his wife. As luck would have it, GM Trogemann was also celebrating his 39th wedding anniversary on that very same day. So, there was clearly something to celebrate!

The only conditions for the evening were good humour, a healthy appetite, and appropriate evening attire. So, I picked up the Trogemann couple on time and we headed to Munich-Haidhausen, where Rainer Unsöld and his wife were already waiting for us outside the Korean restaurant "MUN."

The restaurant staff greeted us at the entrance and, after making our way down a rather steep staircase into the basement, we reached a small room with subdued lighting and our table. The atmosphere was just right.

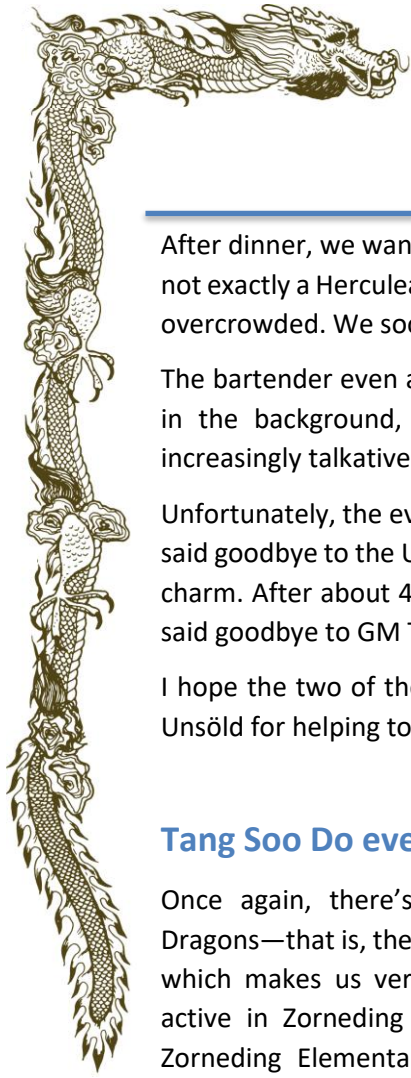
Restaurant MUN was the winner of the 2018 Süddeutsche Zeitung Gourmet Award, a prize recognising Munich's best gastronomic concept. The jury, headed by Munich's only three-Michelin-star chef at the time, Jan Hartwig, selected MUN from ten candidates based on its culinary style, personal character, and overall concept.



At MUN in Munich-Haidhausen, guests can enjoy modern Asian cuisine at a very high level. Head chef Mun Kim, a classically trained sushi chef, perfected his "Supper Club" style at his first restaurant in Buenos Aires. His work has already received attention from publications such as *The New York Times* and *Wine Enthusiast*. Since 2016, Munich residents have also had the opportunity to experience his culinary skills. The restaurant is well known far beyond Munich and is featured in both restaurant guides and Munich travel guides.

And since Korean cuisine seemed like the obvious choice for people devoted to Korean martial arts, we thought the Trogemanns deserved an unforgettable evening there.

It should be mentioned that, of course, those of us who came along with our spouses paid our own share of the bill. We ordered from the famous "Korean BBQ" menu, accompanied by a selection of wines and juices. More and more side dishes appeared on the table, and before long, the conversation became noticeably quieter. Apparently, everyone was too busy enjoying the food! The extraordinary cuisine was a great success with everyone.



After dinner, we wanted to round off the evening somewhere pleasant and cosy. Finding a bar in Munich is not exactly a Herculean task, but we wanted somewhere with a more private atmosphere and without being overcrowded. We soon found just the place in one of the smaller side streets.

The bartender even arranged a special table for six of us. With South American and Spanish music playing in the background, our little group became increasingly sociable—and, as the evening progressed, increasingly talkative as well.

Unfortunately, the evening came to an end far too quickly. After taking a short walk together to my car, we said goodbye to the Unsöld couple. We then drove leisurely through Munich late at night, which has its own charm. After about 45 minutes, we arrived back in Eting, in good spirits but definitely ready for bed, and said goodbye to GM Trogemann and his wife.

I hope the two of them enjoyed the evening as much as we did. And once again, many thanks to Rainer Unsöld for helping to make this special occasion possible.

Oliver Stahl, Sam Dan, TSD Solln/Germany

### Tang Soo Do everywhere in Zorneding

Once again, there's plenty of news to report from the Dragons—that is, the Tang Soo Do division of TSV Zorneding—which makes us very happy! The Dragons have been very active in Zorneding lately: We put on two shows: at the Zorneding Elementary School summer festival and at the Zorneding Children's Festival, both of which brought smiles to the faces of young and old alike.



In tropical temperatures, we demonstrated excerpts from our training program: forms with and without weapons, single-step techniques, and, of course, breaking demonstrations.

It wasn't just the participating adult Dragons who wowed the audience; some members of the Dragons' youth team and some of our little Dragons also jumped at the chance to show off their skills.

It was wonderful to see how the forms became increasingly well performed with each belt rank, and the single-step techniques impressively demonstrated that it's not size or muscle that matters, but rather the underlying technique and plenty of practice. The young Dragons were right up front in the action and even got to take down adult Dragons.



The Dragons then demonstrated their focus and mental strength, captivating the audience with their breaking tests.

At the end of the show, all spectators had the chance to learn how to form a proper fist and throw a proper punch, and to try out what they'd learned right away on punching pads.





Our thanks go out to all the participants in the shows: You did a great job—thank you for your dedication!

Daneben waren wir auch noch in der Grundschule Zorneding und Pöding unterwegs und haben mit allen Klassen – mit über 350 Kindern - jeweils eine Tang Soo Do Trainingsstunde durchgeführt. Auch hier war die Begeisterung groß und alle Kinder haben mit Feuereifer mitgemacht.

Dazu möchte ich meinen Tang Soo Do Kollegen ein großes Dankeschön aussprechen, dass sie sich auch die beiden Tage freigenommen haben und mit mir zusammen diese vielen Stunden Training durchgezogen haben!



The instructor team of  
TSD Zorneding



### Qi Gong Seminar 2026

On June 27, we met once again for the Qi Gong seminar in Esting. This time, we started promptly in a small group at the familiar Esting studio.

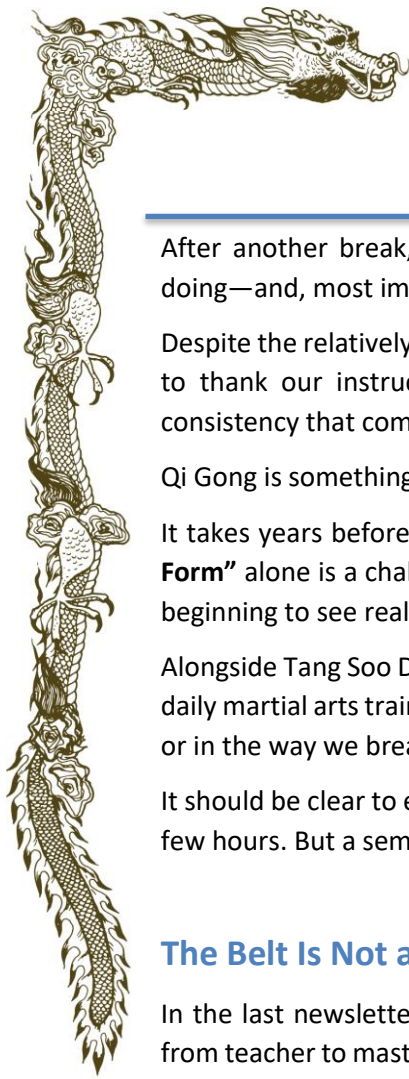
We began with the theory. Our instructor explained what Qi Gong is, how it is practised, and what goals it is intended to achieve, including its effects on the human body. We then moved on to our first practical exercises.

We practised the basic form, the **“Fragrance Hyang Gong.”** This was followed by the familiar **“Shaking Form,”** performed both standing and lying down. To an outside observer, these exercises may look somewhat amusing or even confusing, but for the body they are an absolute blessing. Anyone who has practised these forms before will agree that afterwards you feel much fresher, more relaxed, and more balanced.

After our first drinking break—the temperatures were also rising inside the studio—we continued with the six **“Healing Sounds.”** These exercises combine specific movements with particular sounds. Each of the six exercises is associated with an internal organ and is intended to stimulate or cleanse its function. In any case, they increase oxygen intake, improve circulation, and get the cardiovascular system going.

We then stood up and practised the **Five Elements**, or Five Phases, known as **“Oh Hang Gong.”** These are the five elements: Wood, Fire, Earth, Metal, and Water. They are interconnected, and each element has a specific position that we assume during the exercise. After these meditation phases, everyone could feel the calming effects throughout the body.

Finally, GM Trogemann showed us the **“Oh Hyung Gong,”** the Form of the Five Animals. These are the Tiger, Deer, Bear, Monkey, and finally the Crane. Each animal has its own characteristic movements, inspired by nature. As we performed the movements, we were also given an explanation of their meaning and the ideas behind them.



After another break, we returned to some more theory, helping us understand what exactly we were doing—and, most importantly, **why** we were doing it!

Despite the relatively small group, we certainly got a great deal out of the seminar. At this point, I would like to thank our instructor once again for another highly professional seminar. You can clearly see the consistency that comes from decades of practice, as well as the depth of knowledge behind it.

Qi Gong is something special and certainly not for everyone.

It takes years before you begin to recognise the results in your own body and mind. The **“Tai Chi Beijing Form”** alone is a challenge. We have now been practising it for more than five years, and only now are we beginning to see real progress in understanding and performing the movements.

Alongside Tang Soo Do, Qi Gong opens up an interesting world that is nevertheless closely connected to our daily martial arts training. You notice this connection in small steps—whether it is in the flowing movements or in the way we breathe.

It should be clear to everyone that you cannot understand everything, let alone master everything, in just a few hours. But a seminar like this gives us a glimpse of just how much more there is to discover.

*Oliver Stahl, Sam Dan, TSD Solln/Germany*

## The Belt Is Not a Status Symbol

In the last newsletter, KCN Klaus Trogemann wrote in his introduction about the journey in martial arts, from teacher to master. Some time ago, I found myself thinking about similar questions concerning the belt, its symbolism, and what actually comes with earning a new belt. This is not an account of personal experience, but rather a reflection—an exercise in thought. I was encouraged, however, to share these thoughts in the newsletter.

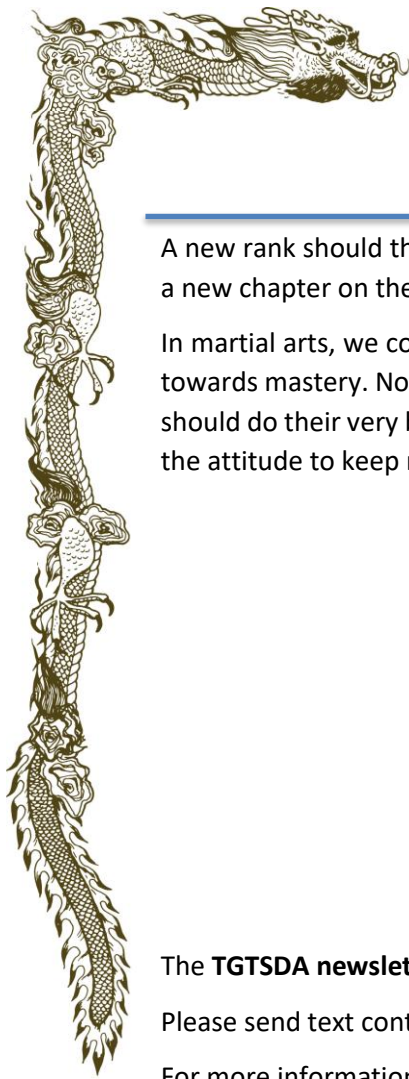
Is a new belt a reward? Is it a status symbol? Or is it proof of ability? Or is it, perhaps, more importantly, a marker of responsibility and consistency?

A belt can only tell us to a limited extent how good someone really is. Techniques can be seen; what is happening inside a person cannot. And yet, a belt represents stability. It reflects how someone behaves under pressure—when work or private life becomes stressful, when fatigue sets in, or when we reach our own limits.

With every higher rank, it becomes harder to hide behind others. The excuses we may have had as beginners become fewer with every new rank. Responsibility becomes more visible, both to ourselves and to those around us.

A belt rank is therefore also a mirror. Inner unrest eventually becomes visible on the outside, particularly as responsibility increases. At the same time, the belt represents a process of maturation. With every step along the way, we learn to recognise our inner unrest sooner, to understand it, and to deal with it. It becomes less dominant, loses its sharpness, and gradually subsides. Not because it disappears, but because our composure, experience, and self-control continue to grow.

This maturity does not develop at the same pace for everyone. It takes different amounts of time and is an individual process. Whether someone is truly ready to take the next step cannot be measured by time or technique alone. This is already true for the colour belts, but even more so from the black belt onward.



A new rank should therefore never be seen merely as the completion of one stage, but as the beginning of a new chapter on the martial arts journey. It would be wrong to say, "I will stay where I am now."

In martial arts, we continue to grow with every step we take. The goal of every student should be to strive towards mastery. Not as a title, but as a path. Not everyone will reach that goal in its entirety. But everyone should do their very best to remain on that path. Because mastery does not begin with a belt. It begins with the attitude to keep moving forward.

Alexander Schmid, Sam Dan, TSD Neufahrn/Germany

## PLEASE NOTE

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

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

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

## IMPRINT

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