



Dear members of the TGTSDA!

A **Merry Christmas** full of blessings 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.



I hope that you and everybody in your family is in good health and is doing fine and you do not have severe problems due to the current political situations.

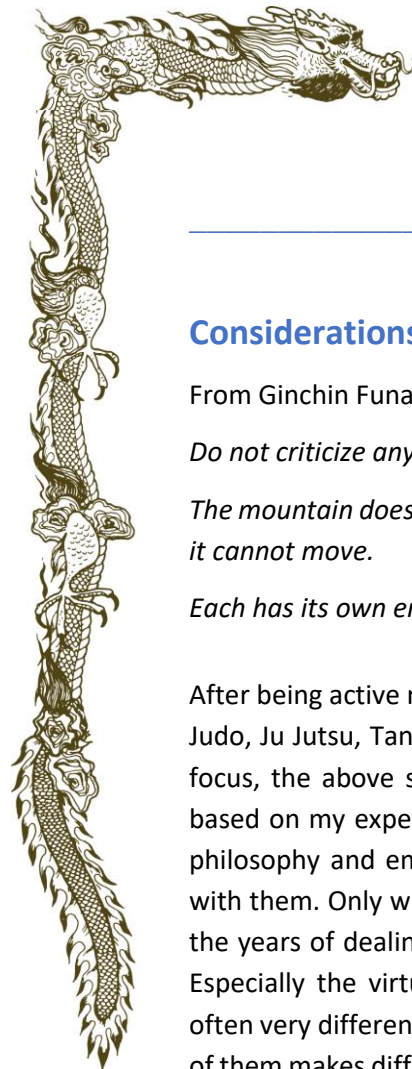
Once again, a big thank you to all of you for your great cooperation in the past and your enormous support to lead our organization to our current success!

Please take care of yourself and your family members and take care of your health and personal improvements.

Hoping to hear only good news from you in 2024!

Looking forward seeing you hopefully again in 2024

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 Різдом Христовим - С Рождеством - שמח המולד חג



Considerations from Ginchin Funakoshi

From Ginchin Funakoshi comes the following reflection:

Do not criticize any other martial arts or speak ill of others, as it will surely come back to you.

The mountain does not laugh at a river because it is lowly, nor does the river speak ill of the mountain because it cannot move.

Each has its own emphasis and characteristics.

From: Gichin Funakoshi, Karate-do My way of life.

After being active myself for almost 60 years in various martial arts such as Judo, Ju Jutsu, Tang Soo Do, Hap Ki Do and Qi Gong, each with a different focus, the above saying has inspired me to reflect on my own thoughts based on my experiences. All these martial arts I practice have their own philosophy and emphasis. Depending on how one approaches and deals with them. Only when one learns to internalize them more and more with the years of dealing with them, totally new insights about them open up. Especially the virtues respect modesty and restraint. Although they are often very different in their forms of movement and applications, and each of them makes different demands on their learning, in the end they all have something in common on their philosophical aspect. These commonalities mature only with the years of constant intensive study of them. In the technical sense, they all have their respective style-specific strengths. And at some point, one recognizes certain commonalities here as well.

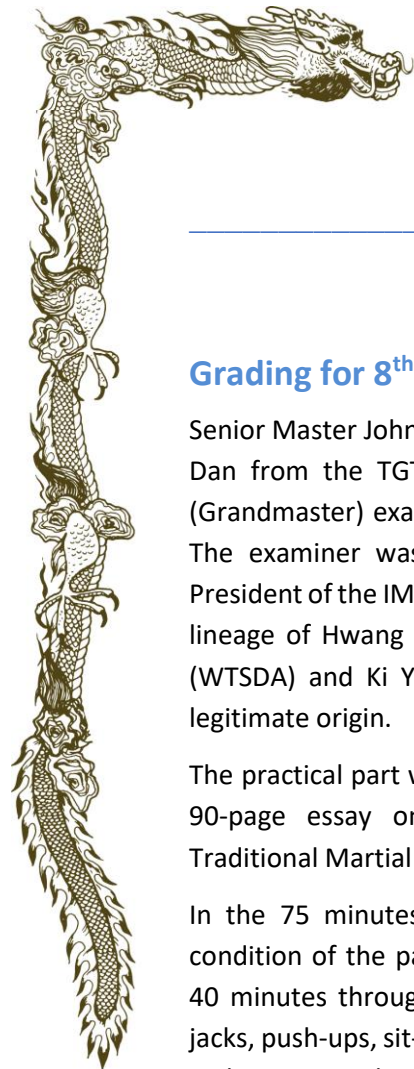


You should not be arrogant and cocky to believe or be convinced that only the martial art, which you practice yourself, is the only beatific. Depending on how you deal with it, you realize with time, where their respective strengths are and where the others also have their strengths. All have had their origin at some point and have taken their development from it.

It always depends on the respective individual situation, which would be perhaps just more favourable in the application. Only those who have dealt with other martial arts more intensively can recognize their respective value and, above all, pay them the necessary respect. Basically, every traditional martial art has to be respected. Here one does not think about better or worse, but only admires their execution. Whoever comes to this realization expands his horizon beyond his own practiced martial art. One finally recognises how much one still has to learn and this will never end.

Tang Soo!

Sah Bum Nim Klaus Trogemann



NEWS AND EVENTS

Grading for 8th Dan

Senior Master John Dickenson from the IMA and I as 7th Dan from the TGTSDA lined up for the 8th Dan TSD (Grandmaster) exam after the waiting period was over. The examiner was Grandmaster Ki Yun Yi, 9th Dan, President of the IMA from NJ/USA. He is in the traditional lineage of Hwang Kee (Moo Duk Kwan), Jae Chul Shin (WTSDA) and Ki Yun Yi (IMA) and ensured the direct legitimate origin.

The practical part was preceded by the preparation of a 90-page essay on the topic "How to Establish a Traditional Martial Arts Association?".

In the 75 minutes of the practical test, the physical condition of the participants was tested exclusively for 40 minutes through sweaty exercises such as jumping jacks, push-ups, sit-ups and various punching and kicking techniques. In the rest of the time, 11 higher forms were examined, and their execution was briefly commented on. Finally, some self-defence techniques had to be explained and their possible applications explained.

This was the end of the physical part of the exam, and we received our certificate as 8th Dan Grandmaster in the martial art of Tang Soo Do of the IMA/TGTSDA.



Seniormaster John Dickinson, Grandmaster Ki Yun Yi and Seniormaster Klaus Trogemann

Sah Bum Nim Klaus Trogemann

Master and Black Belt Clinic With International Participation

From October 31st to November 2nd, this year's master's clinic took place in Neufahrn/Munich. Masters from Germany, Switzerland, Scotland, the USA and Brazil came together for an instructive and constructive exchange.

At the beginning of the clinic, the annual meeting of the TGTSDA took place, in which the new statutes of the TGTSDA were presented and adopted.

In the subsequent meeting of the country representatives, important topics for the further development of the TGTSDA were discussed and the course for the coming years was set in order to enable the responsible members and functionaries to



Board members, extended board and guests



continue to work fruitfully for the TGTSDA and to be able to lead it into a successful future.



Various topics, such as self-defence and forms, as well as evening lectures were on the program, so that the participants could take away a wealth of impressions and new insights.

We would like to give special thanks to Senior Master John Dickinson and 5th Dan Master Steven Elmore, who made this clinic a special highlight of the Tang Soo Do year with their knowledge, skills and patience. Thanks also go to Master Trogemann, who never tires of "pruning the branches on the tree" so that we keep a strong "trunk" in terms of our forms and techniques, and of course to the other instructors who enriched the master course with their contributions.

The atmosphere at the evening dinners and subsequent social gatherings was wonderful, which ended more than once in the singing of the Tang Soo Do anthem. Joint discussions, nice conversations and lots of laughter made the event a celebration of friendship, even if there were occasionally somewhat heated discussions.

The master's clinic was followed by the black belt clinic on Friday, which was attended by almost 50 participants.

Again, the TGTSDA was actively supported by Master John Dickinson and Master Steven Elmore. Despite a proper black eye, which Master Elmore had contracted during an exercise the day before, he clearly enjoyed taking the participants with him on his "self-defence journey". Master Dickinson took care of the improvement of sparring techniques and Master Thomas Krause tried to introduce the black belts to the bong



self-defence techniques and

bong forms. Lovers of the sword also got their money's worth when Master Jan De-Vry gave an introduction to sword drawing and paper cutting. In addition, one-step techniques, sword forms and Hyungs were taught.

It was a great idea that the participants could choose groups and thus also take some groups twice in order to be able to deepen their knowledge - or simply to be able to better remember the techniques they had learned.

It's always nice to see how a wide variety of people come together to share their passion for Tang Soo Do. The importance of such meetings cannot be overstated.

Tatjana Schwarz, Sam Dan, Bulsajo TSD/Germany





International European Tang Soo Do Championship in Neufahrn/Munich 2023

This year we had an excellent turnout at the International European TGSDA Championship on Saturday, November 4th in Neufahrn near Munich. Participants and guests came from all over Germany, Switzerland, Sweden, The Netherlands, Denmark, England, Scotland, Ireland, the USA and Brazil. In total, almost 160 participants from various Tang Soo Do studios came to Neufahrn, together with their families and friends. A group of participants from a befriended Mudokwan association from Ødsted/Denmark had also come to compete in a friendly competition.



Seniormasters Klaus Trogemann and John Dickinson

Our special guest of honour this year was Grandmaster John Dickinson (8th Dan), who made the long journey from São Paulo/Brazil to share his knowledge and experience at the previous Master's and Black Belt clinic. Another guest travelled from afar was Master Steven Elmore from Seattle/USA, who, like Master Dickinson, enriched the two clinics and was a centre judge at the championship.



5th Dan Master Steven Elmore (middle)



During the opening ceremony, the new Cho Dan Bos and Black Belts received their certificates and new belts, presented by Master Klaus Trogemann. Master Gerold Engenhorst from TSD Menzelen was promoted to 5th Dan Master after completing his masters test during the annual clinic in spring. Congratulations to your well-deserved achievements!

Afterwards, the competitions began with the disciplines group forms and the creativity. Great stories combined with Tang Soo Do techniques, music and some show elements made this part one of the many memorable highlights of this day.



Then it was time for the individual competitors, from white belt to 3rd Dans. In the disciplines open hand forms (traditional Hyungs), weapon forms (bong, knife and sword) as well as sparring (light contact) could be competed. The throughout fair competitions were held with a lot of energy, skills and fun.



The Black Belt Champions of the day were Tatjana Schwarz from Bulsajo, Tang Soo Do and Daniel Schulze from TSD Menzelen . In the colour belt division, Janina Mertzenich from TSD Menzelen and Aaron Ndogmo from TSD Esting were able to secure the day's victory.

For everyone involved in this championship it was a great event with many experiences and impressions and also our international guests were full of praise for the Tang Soo Do spirit that accompanied the event.

A big thank you goes to the members of the Tang so Do Neufahrn for the great organisation of this memorable championship.

Alexander Schmid, Sam Dan, TSD Neufahrn/Germany



Grading in Kirchdorf/Germany and Honouring of the New Black Belts

On November 20, 2023, nine children and young people from the Tang Soo Do department of TSV Kirchdorf am Inn e.V. had to be really fit. The belt exam took place in the small gym of the elementary school. Not only the athletes had gathered, but also a lot of spectators. The participants had to demonstrate not only in front of the examiner, but also in front of their parents, friends and siblings, what they had learned in the last year in the training of the traditional Korean martial art.

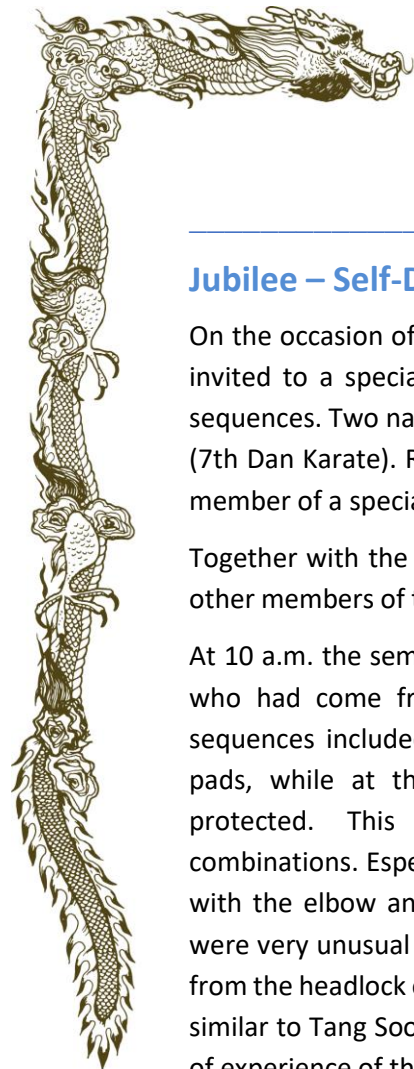
But before the actual exam began, a belt ceremony for the new black belts was first carried out, which is unique in Kirchdorf, including an accompanying explanation for all those present. Our department is very proud of our four new black belts! The four trainers successfully passed the corresponding exam on September 23 in Munich/Solln. They had to prove all the techniques and skills they had acquired in previous years in a two-hour physically and mentally demanding test. Since they had all prepared intensively for months, they all passed this black belt exam with flying colours.

The actual belt exam started as usual with the white belts and then the demands increased during the afternoon with the performances of the orange and green belts. At the beginning, our assistant instructor Eric Seelig warmed up the participants intensively. This was followed by the individual techniques for hand and foot, open hand forms and partner exercises, whereby the examinees were instructed by our four new black belts and instructors. Among the higher graded, the disciplines of sparring and breaking tests were also shown.



After the exam - which was successfully passed by everyone - the eagerly awaited belts were handed over.

Jo Kandlbinder, Sam Dan, Rottal/Inn/ Germany



Jubilee – Self-Defence Seminar in Höhenkirchen/Germany

On the occasion of the 45th anniversary of the Karate Dojo in Höhenkirchen, the founder Gudrun Hisatake invited to a special self-defence course. This should consist of karate techniques and realistic everyday sequences. Two nationally known lecturers were also invited, Rudi Russ (6th Dan Karate) and Jürgen Kestner (7th Dan Karate). Rudi Russ is a specialist in self-protection and violence prevention. Jürgen Kestner was a member of a special police unit for many years.

Together with the department head Rainer Unsöld, two other members of the TSD Solln took part in the seminar.

At 10 a.m. the seminar started with over 40 participants who had come from all over Germany. The opening sequences included punches to the partner's punching pads, while at the same time the head had to be protected. This increased to step and punch combinations. Especially the protection of our own head with the elbow and the attack to the opponent's head were very unusual for us. This was followed by defences from the headlock or even in a sitting position. A lot of it was similar to Tang Soo Do techniques. One could see the years of experience of the lecturers.



Jürgen Kestner, Oliver Stahl, Paul Steffen, Rainer und Emelie Unsöld, Rudi Russ

After a short lunch break, founder Gudrun Hisatake introduced herself. As a recipient of several gold badges of honour and various awards, she seemed very human, friendly and down-to-earth. She expressed her happiness that so many participants came together and, also from so many styles.

The seminar continued with the questions how to defend yourself sitting on a bench, what to do when your back is against the wall. This was intensified when the participants got together in larger groups. The whole exercise was accompanied by loud heavy metal music to get a feeling for how the individual deals with a stressful situation. In the late afternoon, the practitioners split up into groups again and took turns jumping over benches and lying down, then showing defensive sequences with foot and hand and then crawling back through the benches.

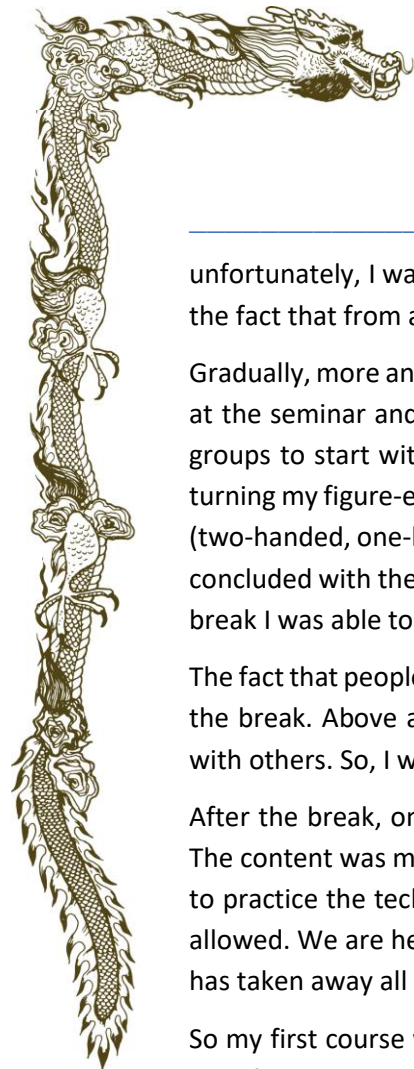
At the end, there were sweaty suits, but also smiling faces. Every participant was able to take something away.

Oliver Stahl, E Dan, TSD Solln/Germany

Techniques Course in Solln - Experience report about my first TSD course

At 08:40 in the morning I went to my first seminar on November 14th in Solln near Munich – almost 3 months after I had decided to try Tang Soo Do and had participated in the first two trial trainings. Around 2:30 p.m. it was clear to me: It was the right decision.

When we arrived in the gym, the friendly atmosphere was immediately recognisable. The support of other Tang Soo Do Ka, which is a matter of course in training, I also received directly from others when it came to registering – assign the correct belt grade to my belt colour. Yes, my 10th gup was of course the lowest (and



unfortunately, I was the only one), but this was not a problem during the entire course – at least apart from the fact that from a certain level I concentrated on "my" basics instead of taking the risk on knotted limbs.

Gradually, more and more Tang Soo Do Ka came into the gym and in the end there were about 25 participants at the seminar and then it started: Master Trogemann welcomed the participants and divided us into two groups to start with the bong. After the first technique it was over for me and I limited myself to bravely turning my figure-eights until the rest of the colour and white belts had finished their further bong techniques (two-handed, one-handed, forward, backward – in any case very wild things). The first part of the course was concluded with the first weapon form, the Bong Hyung Il Bu. This was challenging, but doable and before the break I was able to exchange one or two tips to understand uncertain parts of the form a little better.

The fact that people know and appreciate each other in the TSD world was something I noticed directly during the break. Above all, however, I noticed that the belt degree is no obstacle to getting into a conversation with others. So, I was accepted as a matter of course and felt well received right from the start.

After the break, one-step techniques (with and without foot techniques) and self-defence were practiced. The content was mostly new to me, which is why I wasn't completely satisfied with myself at first, but I tried to practice the techniques as best I could. However, I especially liked the statement "Questions are always allowed. We are here on a course of study, not on a course of knowledge" by Master Thomas Krause, which has taken away all pressure of expectation.

So my first course will be remembered very positively for me. With lots of new content, great people and I hopefully see you again soon at the next course.

Andreas Epple, 10. Gup, TSD Zorneding/Germany

A Munich Club Represents Germany in Northern Ireland

On September 9th, the "European Tang Soo Do Federation" invited members worldwide to the International Martial Art Championship in Belfast/Northern Ireland. Since it wasn't just about the championship for Senior Master Klaus Trogemann, but also his grading for 8th Dan together with his long-time friend John Dickinson, a small team from Munich decided to accompany him.

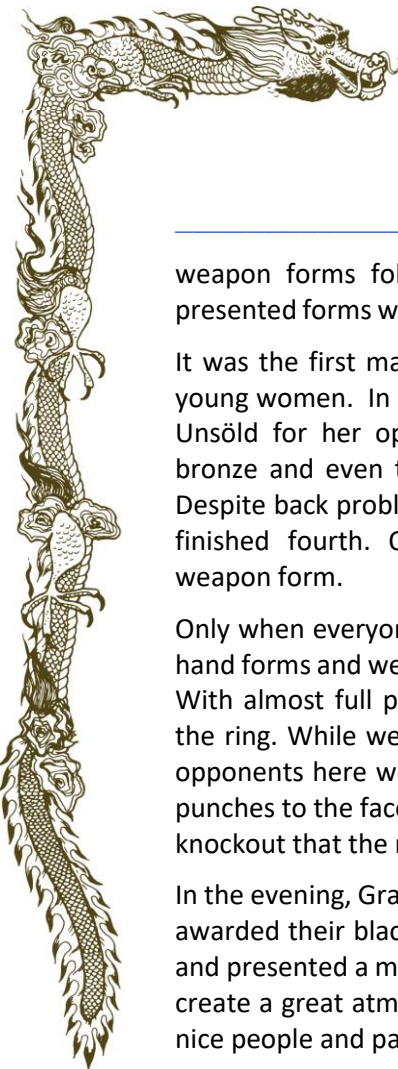
Already on Thursday morning Master Trogemann flew to Dublin/Ireland. The team from Munich followed on Friday. From there we organized tickets for an express bus, which covered the distance Dublin-Belfast within two hours. After a short night the participants - Anna Lena (7th Gup), Charlotte (2nd Gup) and Emelie Unsöld (2nd Gup), accompanied by their father Rainer Unsöld and Oliver Stahl - met Master Trogemann and Master



Hanifi Dolu, who had arrived from Hamburg/Germany, in the large conference room of the hotel.

More than 200 participants lined up in the large ballroom and the Masters entered the room with applause. The organizer, Grandmaster Suresh Nar (8th Dan), welcomed all participants and introduced his own Grandmaster of the ETSDF, who had come from the USA. After a short statement and the awarding of belts, the competition started.

The rules were similar, but not the same as we know them. We started with forms, where each participant is only allowed to start once. At the slightest twitch or snag, the competitor is immediately disqualified. Then



weapon forms followed. While some participants presented the Dan Gum Hyung other competitors presented forms with the nunchaku and various sword forms. This was also evident in the awarding of points.

It was the first major international event for the three young women. In addition to a 3rd place for Anna-Lena Unsöld for her open hand form, Emelie Unsöld won bronze and even the gold medal with her bong form. Despite back problems, Charlotte Unsöld competed and finished fourth. Oliver Stahl finished third with his weapon form.



Only when everyone in the room had finished the open hand forms and weapon forms would the sparring begin. With almost full protection, the colour belts started in the ring. While we only practice semi-contact in Tang Soo Do training and no contact in competition, the opponents here went straight at each other. Multiple direct kicks to the groin were ignored, and targeted punches to the face during the jump were rewarded with points. It was only after three minutes or technical knockout that the match was waved off.

In the evening, Grandmaster Suresh Nar hosted a gala dinner. At first, some children and young people were awarded their black belts with music and dancing. After the dinner, five masters lined up as the live band and presented a mixture of disco, Celtic and rock music. The crowd loved it and it showed that the Irish can create a great atmosphere and are wonderful hosts. The summary of the days: A great country and lots of nice people and participants.

The next day the group drove back to Dublin in the morning to use the time for a sightseeing tour. Many thanks to the Unsöld family for the organisation. Northern Ireland is definitely worth a trip!

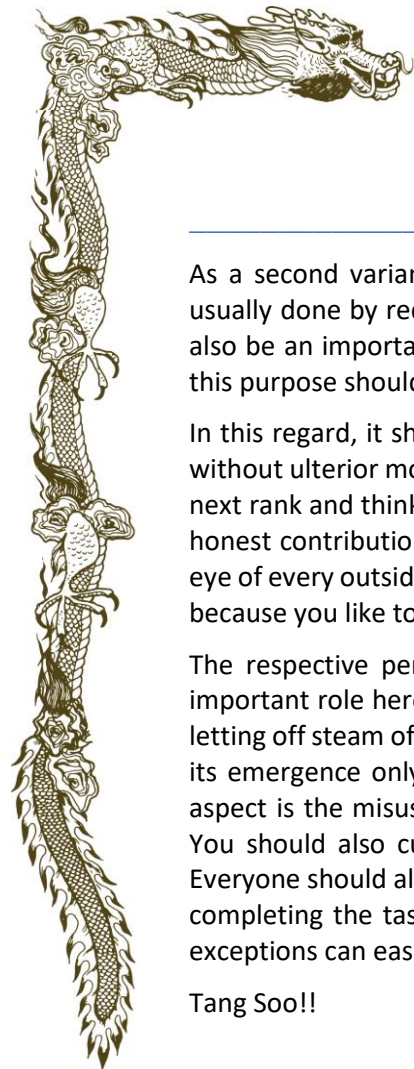
Oliver Stahl, E Dan, TSD Solln/Germany

Meaning and Purpose of Contributions to the Association

In the exam prerequisites, there is always something about contributions made and to be made. Many members have a problem understanding this term and what it actually means. In the following lines, I would like to express my view on this.

A distinction must be made between examination requirements, demands and voluntary contributions to be made for the association or studio. A traditional association that is not professionally oriented in the long run only survives with the contributions that are made by its members. Contributions can be made in different ways. A basic distinction between voluntary and required contributions can be made.

First, let's take the required variant as an example. Someone wants to move up to 3rd Dan and higher. As a rule, this includes the opening and or successful continuation of a studio. Here you can see whether you as an instructor want to make your contribution to increasing the number of members in the association in the long term. Now, not everyone is given the opportunity to spend the associated time 2 - 3 times a week, including risks and organisational effort. For those, however, there is the possibility take over other equally important functions within the club and/or the association. Such takeovers also make a valuable contribution to the prosperity of the association, such as taking on board positions, functions or tasks within and for the association, which are not bound to a regular time frame. Such important tasks must also be accomplished for the association to function and grow. The above tasks are usually offered and those who wish are welcome to take on them responsibly and willingly. You can also apply or accept it.



As a second variant of contributions, voluntary services and contributions should be mentioned. This is usually done by requesting to take on a temporary task for the association or studio. However, this should also be an important contribution that should not be underestimated. The work and effort to be done for this purpose should be recognisable as equivalent to the effort of running a studio.

In this regard, it should also be mentioned as important that the contributions should be made gladly and without ulterior motives, because one only wants to achieve something. So, if you only have your eye on the next rank and think that it would only be served by making a superficial temporary contribution, it is not an honest contribution. Sooner or later, the actual true motives for taking on an obligation will also catch the eye of every outsider in one way or another, and thus the actual meaning is missed. You like to do something because you like to contribute something and not because you expect something from it in the background.

The respective personal characteristics and actions, which should not be underestimated, also play an important role here. Working within a studio or association is not a playground for personal vanity and the letting off steam of the need for recognition. One should also refrain from actions behind one's back because its emergence only fuels unnecessary mistrust and harmful conspiratorial behaviour. Another important aspect is the misuse of temporarily transferred authorisation for one's own disdainful narcissistic actions. You should also cultivate an appropriate, polite, respectful manner in communication with each other. Everyone should always ask themselves what the true motives for themselves are for willingly taking on and completing the task they have undertaken. Exceptions to the rule should also be used sparingly because exceptions can easily become usual rules, which does not serve the actual purpose!

Tang Soo!!

Sah Bum Nim Klaus Trogemann

Master's Class and DTSDV Annual meeting 2023 in Esting

On December 9th, 2023, a double event took place at the Esting martial arts studio: A 3-hour Senior Dan training for masters and studio/club leaders followed by the annual general meeting of the DTSDV.

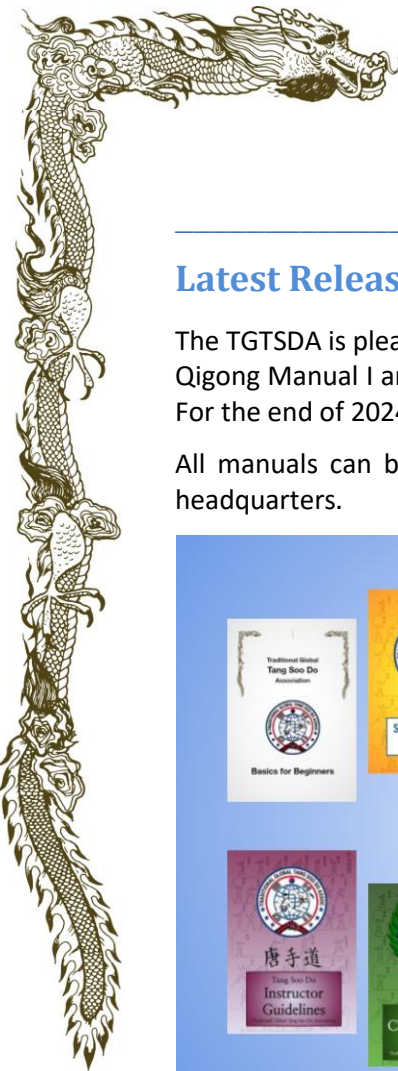


This type of course is one of the rare opportunities to practice the higher forms together with other higher ranks. Senior Master Trogemann guided through the Master forms and corrected the participants at crucial points. Starting with the Bassai-Sho to warm up, the Sam Dans were allowed to train up to a certain level before they were watching when they could no longer participate which was also interesting and instructive.

At the annual meeting, the most important events of the past year and the upcoming dates for the coming year 2024 were discussed. The old board was discharged and then re-elected for another four years. At this point, thanks to all the board members and extended board members for your unselfish support.

The exact content and results of the elections and resolutions can be found in the minutes of the meeting.

Alexander Schmid, Sam-Dan, TSD Neufahrn



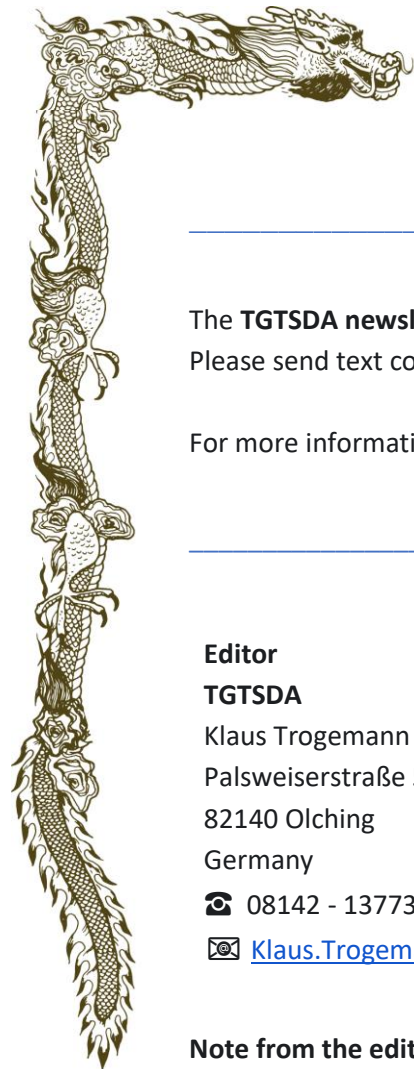
Latest Releases

The TGTSDA is pleased to announce the publication of new manuals. In addition to the existing manuals, the Qigong Manual I and II have now been completed and the 200 One Steps Manual has now been published. For the end of 2024 the Hapkido Manual is scheduled.

All manuals can be ordered from the TGTSDA via the Chung Shin management software or directly at headquarters.

Tatjana Schwarz, Publications Committee





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

Editor

TGTSDA

Klaus Trogemann
Palsweiserstraße 5i
82140 Olching
Germany

☎ 08142 - 13773

✉ Klaus.Trogemann@tgtsda.com

Please send text contributions and photos for
the newsletter via mail to
Klaus.Trogemann@tgtsda.com

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