

Requirements for Admission to the Examination in the Master Ranks

Once a year, as part of a Master's clinic, examinations are also held for graduations to become a Master candidate or a Master. On this occasion, it should be made clear what is expected of these aspirants in addition to the technical and theoretical requirements. Traditionally, there is a common time frame across all martial arts styles. But that's not all there is to the demands. We now come to the actual purpose of the additional requirements. These are the extra contributions to the association and the martial art practiced.

From 1st to 3rd Dan you are in a further training phase after the end of your time as a Gup student, both theoretically and practically. You gain experience in other areas of the practiced style and expand your skills and repertoire. As a coach, you support your club in many aspects of club management, as well as organizationally at competitions, demonstrations and other club events. You are a role model for the students in the club.



If you want to set your goal higher, i.e. rise to the ranks of the masters, then further qualities are required and must be proven. A Master trains his black belts/dan holders, holds qualified seminars and lectures, organises tournaments for the association, conducts Master clinics, takes on higher organisational tasks. Here are a few examples: A Master develops programs for organisational support of the association, develops and maintains the association's website, takes care of the association's newsletters and bulletins, takes on tasks such as treasurer or sports warden. All this is necessary for the association to function and grow. You take over the implementation of regular association meetings, prepare an accountability report or take over the organisation of Dan gradings. In short, you take on tasks that serve the continued existence of the association.

But you can also train yourself to become a specialist in the technical areas of the association through your own further training and pass on your acquired knowledge and skills to the members of the association at association seminars. You can also create manuals and videos for the members of the association. In this way, members are shown that they have become an appropriate professional worthy of the title of Master. Just sitting out the minimum required period of time to the next higher degree is by no means enough.

If you want to be respected by the other Masters as a Master bearer and seen as such, it cannot be documented on the outside just by wearing a belt. Rather, the prestige of a Master carrying the new Master belt must be underpinned by appropriate contributions and acquired knowledge and expertise.

There is no automatism in progressing through the ranks of graduations. An association that wants to document its quality and reputation to the outside world must have an appropriately qualified team of Masters who have been trained very thoroughly. Simple belt bearers don't help.



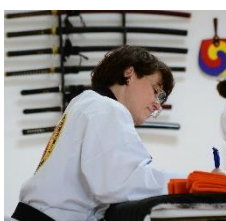
A self-respecting association makes a serious effort not to be a mere procurer of documents but ensures that behind every certificate there is an appropriately documented achievement. This is important for Gup students and, to a much greater extent, for Masters.

KJN Klaus Trogemann



NEWS AND EVENTS

Note from the Editor



Dear members of the TGTSDA in Germany, the UK, the USA, France, Croatia, Indonesia, Sweden, the Netherlands, Switzerland, Luxemburg, Mozambique and Italy!

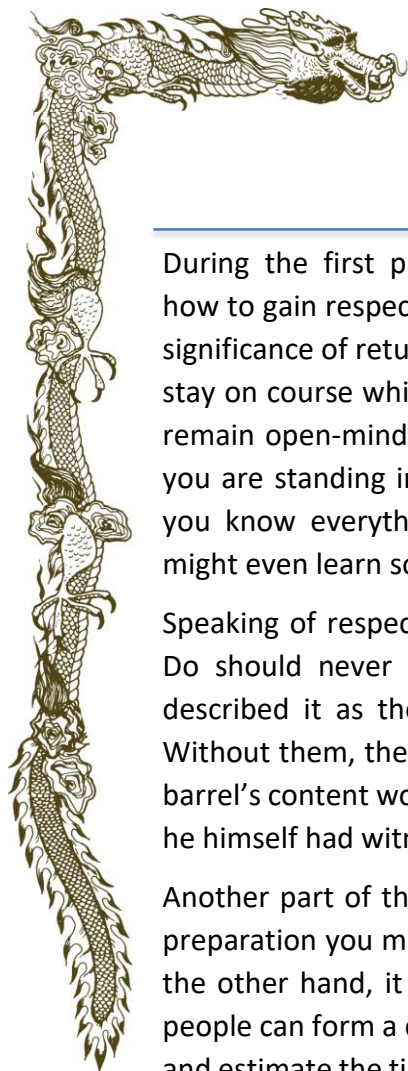
As you can see, we are so many people from so many different countries and we all would love to hear from you and what's going on in your clubs. A short article about your latest grading, seminar, clinic or other TSD events would be highly appreciated – add some pictures and it's perfect! Looking forward to hearing from you!

Tatjana Schwarz, Sam Dan, TGTSDA Publications & Website

The Early Bird 2024 - the Instructor Seminar

Traditionally, the first Tang Soo Do clinic of a new year is the Instructor Seminar. In 2024, it took place on January 6th in Olching. This time Master Trogemann schooled seven participants reaching from 5th Gup to 3rd Dan.

For the participating instructors already in action as well as for the-soon-to-be trainers, the seminar was quite informative. This year the focus was on appearance, preparation and some aspects of how to lead a studio. Therefore, the seminar was divided into a theoretical and a practical part.



During the first part, Master Trogemann explained how to gain respect from your students as well as the significance of returning the respect. It is important to stay on course while leading a training session and to remain open-minded at the same time. Just because you are standing in front of your class doesn't mean you know everything (and you don't have to). You might even learn something from your students.

Speaking of respect, the traditional part of Tang Soo Do should never be neglected. Master Trogemann described it as the iron struts of a wooden barrel. Without them, the barrel would fall apart, and all the barrel's content would be lost. Master Trogemann peppered the theoretical part with some stories he himself had witnessed.



Another part of the seminar concerned the topic of how to prepare a training session. Without preparation you might lose track while leading a class or miscalculate your time management. On the other hand, it is important to adjust the training to the participating students. While some people can form a concept in their head, for others, it might help to write down a concept at home and estimate the time for the single parts. Without a plan and good time management, the training session appears chaotic and could repel students.

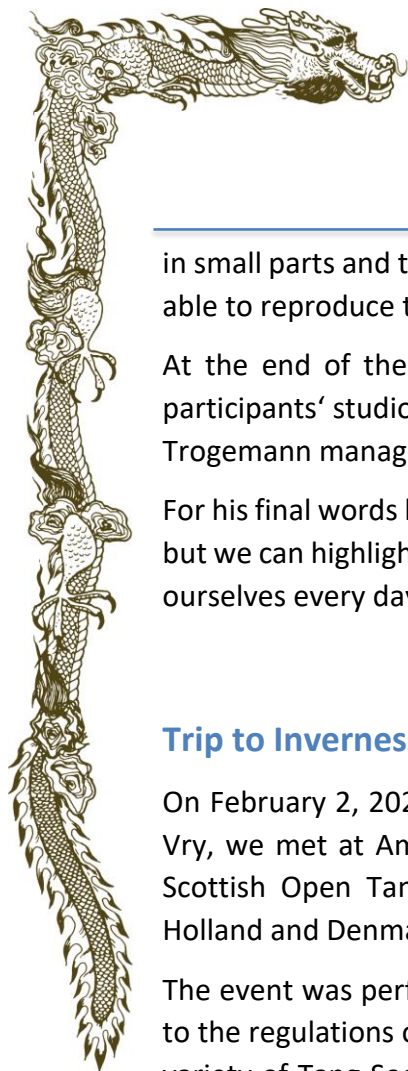
During class the instructor should always keep an eye on the students: is the session too exhausting or do they have enough air to talk in between the exercises? If a student asks a question during the training session, the instructor should consider the following: Can the question be answered after class? Does it need immediate explanation? Or is the student just trying to get some air?

Leading a studio can be a hard task. It is not only about teaching Tang Soo Do as an instructor, but also about the additional aspect of how to deal with the different types of personalities of the students or their parents.

In times of anti-authoritarian education of children, it can be quite difficult to teach the traditional values and lectures of Tang Soo Do. Sometimes, the parents themselves are those who oppose the teaching style during your training session. Master Trogemann explained that sometimes taking the hard decision to let the student go might save more students in the long term. One rotten apple can spoil the whole barrel. However, this should only be an exception, not the rule!

In this context, he also reminded the participants that it is important to never neglect the highest-ranking Gups in your studio, as they are the next generation of soon-to-be instructors. If they feel ignored because the instructor sacrifices all his time for newcomers, they might lose interest as they might feel like they are not making any progress.

After a well appreciated break, Master Trogemann showed the participants a practical example on how to teach students a new Hyung, the Shin Yi Chang Hyung. The best solution is to divide the form



in small parts and to put it together at the end. After nearly 20 minutes, all seven participants were able to reproduce the whole form.

At the end of the seminar, Master Trogemann left room for questions or examples from the participants' studios. Altogether, it was a huge amount of information and knowledge, but Master Trogemann managed to make it easy to understand.

For his final words he stated: "We are all humans, nobody is perfect. We can't change our character but we can highlight our positive aspects and suppress our negative aspects and therefore, work on ourselves every day." - and the same applies to being an instructor.

Florian Decker, Cho Dan Bo, TSD Neufahrn/Germany

Trip to Inverness/Scotland

On February 2, 2024, I accepted an invitation to Inverness in Scotland. Together with SBN Jan de Vry, we met at Amsterdam Airport to fly there together. We were the guests of honour at the Scottish Open Tang Soo Do Championship with participants from Scotland, England, Ireland, Holland and Denmark.

The event was perfectly organised by the local Masters. Everything went smoothly. I, who is used to the regulations of the WTSDA/TGTSDA, first had to adapt to the usual set of rules. There were a variety of Tang Soo Do disciplines, open hand, as well as weapon forms from other Tang Soo Do organisations that were on display. It was also unusual for a traditional Master like me that there was also a competition ring for Masters. Therefore, it was also an unusual experience for me to be used as a competition judge at their request. I fulfilled this task to the best of my knowledge. As it turned out, I was always close to the other judges with my ratings.

In the sparring category, I unfortunately had to surrender my judge function, because the rule system used was far different from the rules I know. The competition time was three minutes with almost full contact including the head and face and up to five points could be scored. You could see all kinds of hand techniques, but only a few foot techniques used. Loud coaching and cheering at the ring from outside were also allowed. When applying this set of rules, it was inevitable that the first aid personnel present at the ring often had to appear. The team sparring, consisting of three competitors per team, was also very unusual. The points scored were counted up and so it happened that each team often accumulated over 15 points to the final result. During this form of competition, the emotions of the spectators ran very high until the end. My conclusion: You never stop learning.

On the following day, Sunday, at the request of Scotland Tang Soo Do, I gave a seminar of several hours in traditional Tang Soo Do. It started with the detailed explanation and execution of the Sip Soo, as well as the Shin Yi Chang in its traditional form. After that, traditional sparring training was





carried out without contact and without attacks to the head or face, but foot techniques were increasingly used. The participants had to realize that even with the application of restricted rules and applications, one could work up quite a sweat. Afterwards there were some liberation techniques from the Hap Ki Do and the final exercise was the shaking form from the Qi Gong repertoire. The host and his participants thanked me very much and invited me to a tandoori meal in an Indian restaurant.

Finally, I would like to thank SBN Kelly Murphy and SBN Jan De-Vry for their exceptional hospitality and excellent care. After this positive experience I am looking forward to participating again next year.

KJN Klaus Trogemann



Grandmaster Klaus and Master Jan's Scottish TGTSDA adventure

You may not be aware, but Master Jan De-Vry was the founder of Scotland Tang Soo Do way back in 1992. The organization has grown to holding classes in a dozen towns and cities across the country and has a healthy membership of around 300 active members. The organisation is now led by Master Kelly Murphy, who began her TSD journey training from the beginning at its very first Dojang.

This is not the first time Klaus has been a guest of Scotland Tang Soo Do, he was a guest Master, along with Grand Master JC Shin, at the Scotland hosted European Championship's back in the 90's, often lauded as one of the greatest ones hosted outside of the USA. So it was with huge pleasure that Master Jan De-Vry was able to accompany Master Klaus Trogemann back to his TSD instructing roots and for Master Kelly Murphy to host the two VIPs.

The intrepid two met up in Amsterdam's Schiphol airport to begin their journey to Inverness. They settled down to a pleasant breakfast and began the start of a weekend long discussion on all things TGTSDA. After a pleasant flight and a very windy weather arrival at Inverness airport they were rewarded with an upgrade of rental vehicle which bode well for the start of the weekend. After settling in at their accommodation and relaxing they set off to explore the fine dining establishments of the area. This turned out to be a wonderful old pub situated in the beautiful bay of Findhorn, where a suburb plate of traditional Fish and Chips was enjoyed. If you find yourself up that way, I can highly recommend the Kimberly Pub Findhorn for its sea food and cozy atmosphere.

An early start Saturday morning began with a hearty full Scottish breakfast that Jan had to help Klaus finish before setting off to the Scotland Tang Soo Do hosted Open Championship where the two were guests of honour.

The tournament rules were a little different to TGTSDA's more traditional approach, but the standard of competition was high and the sportsmanship amongst the competitors was magnificent. The day went well with 96 categories managed well resulting in a very acceptable 5 pm





finish. This was very welcome because this gave Klaus and Jan time to relax at their accommodation before once again being hosted by Master Kelly and STSD Masters this time for dinner at a very nice Indian Restaurant in the local town of Forres.



The next day, Sunday, was Klaus' turn to show the STSD Masters what TGTSDA was about and share his version of what it is to train in a traditional way. Thirty Masters enjoyed a comfortable two-hour seminar where Klaus broke down the Sip Soo Hyung to its traditional

component parts, taught them Shin Yi Chang Hyung, and finished with some focused sparring techniques. The seminar was very well received with people taking away information on what TGTSDA has to offer. So it is with great hope that TGTSDA will see more interaction with TSD practitioner from Scotland whether they come to attend our wonderful training and competition events or whether we continue to be guests at their events where we can continue to share our Traditional Tang Soo Do training and values.

The weekend went fast and was packed with TSD activity. However, there was still some spare time to take in some of the tourist attractions in the local area such as Califer View Point where the weather was kind to us and we got to see sensational views that looked out towards the wider Moray Firth and behind us towards the Cairngorm National Park. All in it was a fantastic weekend and we look forward to repeating the trip to this event next year, where hopefully some of you will be able to join us.

Tang Soo!

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

Grading and Mini-Seminar at Bulsajo TSD in Senden

At the beginning of March, eight examinees took on the challenges of a grading at Bulsajo TSD in Senden, a suburb of the beautiful small town of Ulm on the Württemberg side and Neu-Ulm on the Bavarian side.

Cade Schwarz (1st Dan) conducted the demanding program of physical and mental requirements, which had the participants sweat quite a bit. Under the strict eyes of examiner Tatjana Schwarz (3rd Dan), the motivated group of white and orange belts completed the 1 1/2 hour exam program. First up was the warm-up, followed by various hand and





foot techniques, as well as combinations of these. When it came to the forms, the examinees really put in a lot of effort and proved that they had paid close attention in their Dojang at the recently held seminar and were able to implement the content they had learned in training and in the exam.



The mini seminar led by Cade and Tatjana took place three weeks earlier at Bulsajo TSD and welcomed guests from Master Jan De-Vry's Club in Stuttgart and participants from TSD BwK Ulm.

The focus of the three-hour seminar was on the Ki Cho and Sae Kye Hyungs with special attention to the stances in these forms. Another highlight – and reason for a lot of laughter and pain – were the Ho Sin Sul (self-defence) techniques 1 – 3 with different variations, as they are

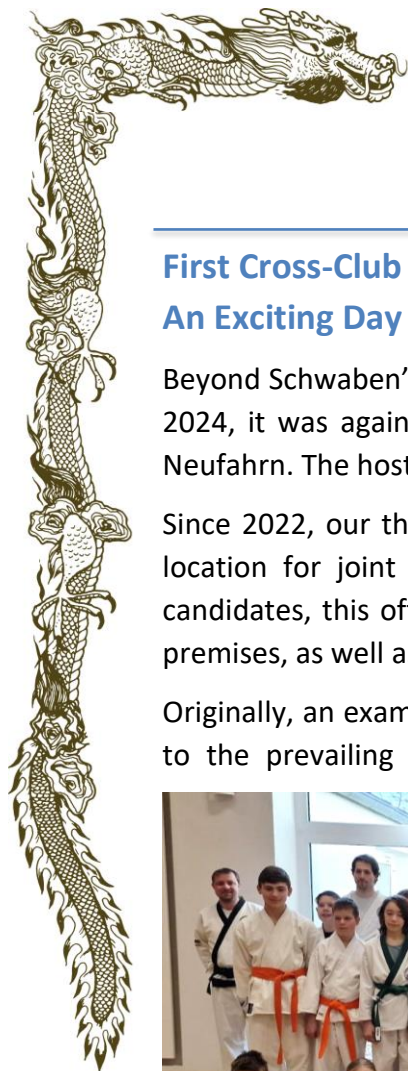
often shown by Grandmaster Klaus Trogemann at seminars. It's wonderful that we can pass on the content we have learned there to our members in our own clubs after courses with our association president. After three hours of training and in between a delicious snack with nice conversations, the participants were dismissed and judging by the beaming faces, they had an instructive and entertaining afternoon. We would be very happy to welcome again students from other clubs to seminars or simply for training in the future. You are always welcome!



But back to the test: After the forms, the examinees proved their skills in one-step techniques and self-defence and also in the subsequent sparring, the eight students showed their skills. The grading was rounded off with the breaking test. For our youngest – they are just seven years old – this meant that they had to perform a hand or foot technique on a focus mitt in a technically clean execution. The other examinees were allowed to try a reusable breaking board and found that it only really breaks with a neatly executed technique, whereby in the end all were successful, although for some only after several attempts. But as it says in our fourth code: No retreat in battle!

As instructor and co-owner of our small club, I am very proud of what my TSD students, the young and the older ones, have already learned in the past six months and how much commitment and joy they bring to training. Some of them are with us three to four times a week and therefore it is not surprising to me what a great development they have already made in this short time. Hats off and congratulations on passing the exam!

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



First Cross-Club Grading in 2024: An Exciting Day in the Picturesque Town of Stadtbergen

Beyond Schwaben's borders, Stadtbergen is known for its idyllic landscape. On Saturday, March 9, 2024, it was again the place for a joint belt test of the studios Leitershofen, Au/Hallertau and Neufahrn. The host for the first competition this year was the TSD Leitershofen.

Since 2022, our three studios have been in consultation with each other to find a date at each location for joint gradings. This way, each studio is once host and once organiser. For the candidates, this offers the opportunity to take part in a national examination outside their own premises, as well as to get to know new places and like-minded people.

Originally, an exam was supposed to take place in Au/Hallertau in December 2023. However, due to the prevailing snow chaos, it was cancelled after consultation with the studios and the



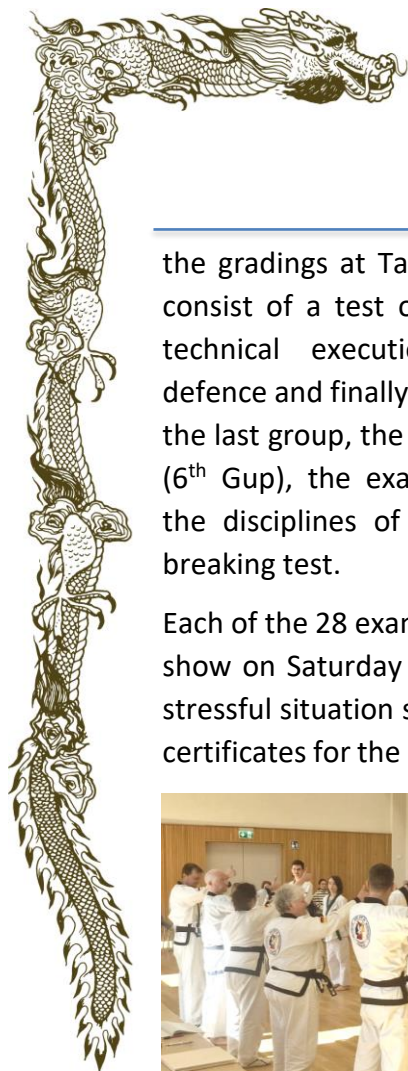
candidates, so as not to unnecessarily expose the participants to the risk of slippery roads on arrival and departure. As a result, some of our examinees had to wait longer to finally be able to take their exam in March together with latecomers. For some, it was the very first exam with us at Tang Soo Do. Due to the cancellation in December, the first cross-club grading in 2024 was now

somewhat larger with a total of 28 examinees. On this day, eight examinees from Neufahrn, seven examinees from Au/Hallertau and 13 examinees from Leitershofen came together to face the challenge of an exam.

The board consisted of Babara Steinmetz (2nd Dan), Anna Steinmetz (3rd Dan), Patrick Zapf (2nd Dan), Alexander Schmid (3rd Dan) and Kai Bugs (1st Dan). The leader for the first of the three groups was Dylan Lasanowski (6th Gup). The second group was led by Julian Wober (Cho Dan Bo) through the test. I, Alexander Schmid, was allowed to guide the third group through the exam.

The role of the conductor in a grading is important because he/she establishes the connection between examinees and examiners. Anyone who leads an examination group must master the technical terms of the techniques as well as their technical execution, act as a mouthpiece between examiners and examinees and have an overview of what is happening. For Dylan Lasanowski it was the debut as a conductor; Julian Wöber was able to gain his first experience in previous exams. Whether as a green belt or black belt, taking on the role of the conductor is always a challenge. From our point of view, Dylan and Julian have mastered this task very well.

Of course, the main focus of the examiners and the audience was on the children and adults who wanted to prove today that they are ready for the next level in Tang Soo Do. They had to prove their skills and knowledge in a one-hour exam each. Several challenges awaited the candidates, because



the gradings at Tang Soo Do always consist of a test of physical fitness, technical execution, forms, self-defence and finally the TSD theory. In the last group, the test for green belt (6th Gup), the examinees also have the disciplines of sparring and the breaking test.



Each of the 28 examinees was able to show on Saturday that the focal points regularly practiced in training can also be called up in a stressful situation such as an exam. Everyone can be proud of themselves and will soon have their certificates for the new rank in their hands. After checking for correctness and completeness by the



association, the Traditional Global Tang Soo Do Association (TGTSDA), the coveted certificates are awarded in a small ceremony during training. For me as an examiner and instructor, it was again a great day with a lot of motivated people and a lot of fun.

After the exam, the people from Neufahrn unfortunately had to start their journey

home and could not, as usual, eat something together with the other participants at the local Italian restaurant and philosophise with them about our TSD hobby.

Alexander Schmid, Sam Dan, TSD-Neufahrn

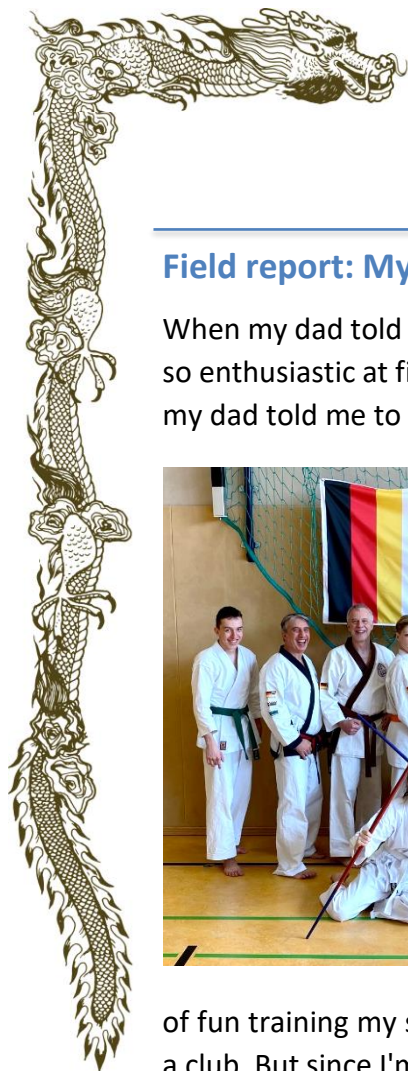
International Clinic in Issum/Germany

Wow, what a clinic! 55 participants from three nations and six schools, with a total of eight Masters and six hours of training on March 16th and 17th in Issum in the North of Germany.

Many thanks to Master Oliver de Guzman and Master Richard Suijker from the Netherlands, Master Gerold Engenhorst from the club in Menzelen/Germany, Master Hanifi Dolu from Hamburg/Germany and 3rd Dan Alexandre Bernard from our club in Lyon/France and their students for their participation. Many thanks also to KJN Klaus Trogemann for coming to the clinic.



Achim Brall, Sah Dan, TSD Issum



Field report: My first participation in a TSD clinic

When my dad told me that we were going to a Tang Soo Do clinic in Issum at the weekend, I wasn't so enthusiastic at first. The weekend was getting closer and closer, and I didn't feel like it, but since my dad told me to come along, I just did.



We then set off, but not alone, but with some of my dad's students and together with my brother. After about five hours of driving, we arrived and were all a bit exhausted, but in fact we still had 2 -3 hours of training on the day we arrived.

After the first training session, I was already looking forward to the next day, not because we were leaving that day, but because we also learned forms with the staff the next day.

These two days helped me a lot. I was always convinced that I would never do martial arts in a club, but this weekend showed me that I actually have a lot

of fun training my self-defence. That's why I want to train more regularly now and also sign up for a club. But since I'm from Hamburg, I thought it would be hard to find a club until it turned out that there is only one in Hamburg - and that's my father's. This weekend showed me that I just need a little bit of motivation to try new things.

Pamuk Dolu, 10th Gup, TSD BwK Hamburg/Germany

Purpose of a Clinic

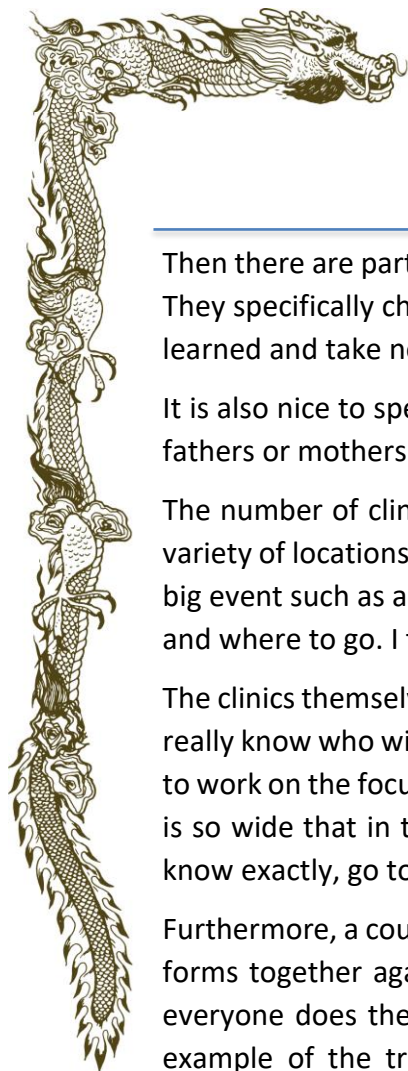
Last weekend another interesting clinic took place, this time in Zorneding near Munich. While folding the Dohbohk and preparing the weapons the day before I thought about the meaning and purpose of a clinic.

First of all, I tried to distinguish who participates in it, and I divided the participants into four groups:

There are the curious ones, possibly new members in a club. This is the first time they have come to such a meeting. Their instructor refers to the official schedule and they show interest and encourages them to participate in events outside their own club. The instructors advertise and always talk about it, now they want to experience it in person.

Then there are the participants who are encouraged or asked to come, as the clinic is held by their own club. Because you belong to the group, you are inevitably part of it. You know the local conditions. You know exactly who will be there and you feel comfortable since everything is familiar.

However, there are also people who have realised that they have to take part in clinics in order to be able to participate in further higher gradings. The regulations state that everyone from brown belt onwards must provide proof of two clinics per year.



Then there are participants who are simply interested in the topic of the event and enjoy the sport. They specifically choose the course that is right for them. They can deepen what they have already learned and take new things with them and process them.

It is also nice to spend actively time with your child or partner, many participate as a family. Some fathers or mothers come with their sons and daughters and enjoy the time together.

The number of clinics is also interesting: on average, ten courses are offered each year at a wide variety of locations in Germany but also in other countries. In addition, we always have at least one big event such as a championship. The variety of topics is enormous, so everyone can decide when and where to go. I think there is something for everyone.

The clinics themselves are a meeting place for all grades. That's what makes it so exciting. You never really know who will come and how many participants will be on the mat. The purpose is, of course, to work on the focus of the clinic. Whether these are - weapons, techniques or forms. Our spectrum is so wide that in training there is often not enough time for questions or details. If you want to know exactly, go to a clinic.

Furthermore, a course also serves to bring the clubs and their interpretations of the techniques and forms together again. If there are five Dan bearers from five clubs standing next to each other, everyone does the technique a little differently. Our Grandmaster always explains this with the example of the tree with the thick trunk and the branches. The technique must always and everywhere be the same. Any nuances are of no consequence. Even if someone interprets something differently, the technique and the sequence must be recognisable. This can only be achieved at such meetings.

Finally, the human factor is also meaning and purpose of the clinics. You get to know each other. Acquaintances often turn into friendships. This social point is enormously important in the big picture. I want to get to know the people who train in other clubs. Especially during the break, as well as after a clinic, there are always private and intensive conversations.

From my point of view, the clinics are very diverse and varied. There is something for each of us. You don't have to take part in all the clinics. If you want to get ahead in Tang Soo Do, you should also visit other clubs. Our large Tang Soo Do family is hospitable everywhere and the welcome is warm and sincere. I am proud to be part of this family.

Oliver Stahl, E Dan, TSD Solln/Germany

Helena and Jakob: Our First Championship in Neufahrn/Germany

On November 4, 2023, Helena and Jakob from Tang Soo Do Menzelen took part in the TGTSDA European Championship in Neufahrn for the first time. The two report on their experiences and impressions:

After registering in the summer of 2023, in every training session our coaches Stefan Walter and Lars Janßen prepared us for the championship. On the morning of November 4th, the time had come. Up to this point we were not excited at all, but when we entered the hall around 9:00 a.m.



and saw all the competitors, we slowly started to get nervous. Above all, all the participants with black belts made a big impression on us. During the set-up, we stayed with our families, who were in the stands.

Our coaches, who also took part in the championship, then called us to the line-up. Since we were white belts, we had to line up alone with the other white belts. Now the nervousness rose enormously. For both of us it was the first competition and thus also the first championship. We didn't know what to expect but we quickly realised that we were part of a large community here and we could just swim in the crowd without worrying any further. "It was great to talk to different people, who all got along with each other immediately and you could have one or two nice conversations," says Jakob.

Senior Masten Klaus Trogemann opened the championship, and the anthems were played. This was followed by a performance by the Masters. "But the most impressive thing for me personally was when all the participants did the Hyung together and the drum was beaten by the Senior Master," says Helena.

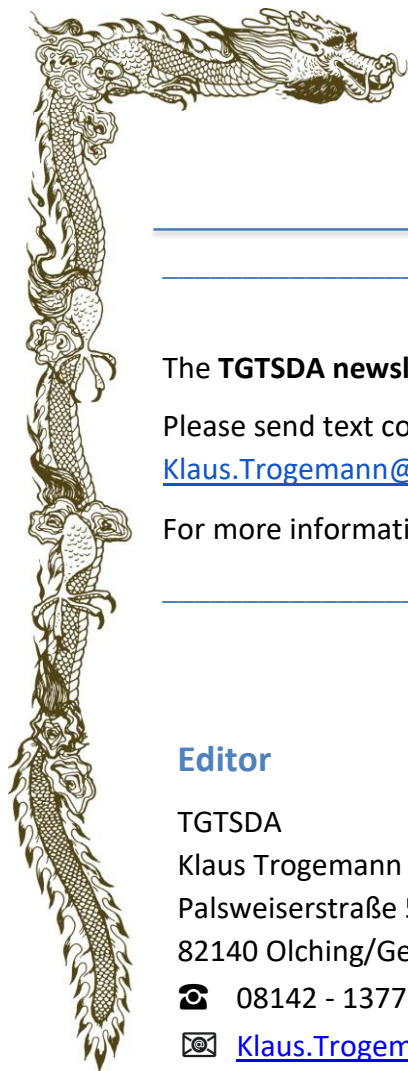
After the opening ceremony, the individual competitions took place. It was our turn after the lunch break, so we had enough time to watch the other participants and of course our instructors at the competitions. Helena states enthusiastically: "If I wasn't by then, from here on I was: infected with the Tang Soo Do fever." Now it was clear to me that "what they can do, I would like to be able to do at some point." Jakob thought it was "very cool" that there were so many international participants: "I always thought that Tang Soo Do would actually be a much smaller martial arts association."

What we had already learned at that time, we were then allowed to present in our own competition. Luckily, we were the only white belt holders from our club at the championship, so we didn't have to compete against our training colleagues. In the end, we were both able to get on the podium and were happy about two medals each. Jakob received the gold medal in the disciplines "Hyung" and "Sparring" and Helena was happy about the gold medal in the discipline "Hyung" and the bronze medal in the discipline "Sparring".

At the end of the championship, we all lined up again and individual participants were honoured. For us, it was a very special day and a special event, which we mastered with success. We would like to give a big compliment and thank you to our coaches Stefan and Lars, who prepared us so well for the championship and of course also to the organisers, referees and helpers of the European Championship, without whom the championship could not have taken place. Helena and Jakob agree: "We can only recommend everyone to take part in a championship to take the experience with them!"



Helena Langert und Jakob van Beek, beide 10th Gup, TSD Menzelen/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.

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