

Thoughts for Martial Artists

Recently I came across a picture with a Spanish text. Views of an old wise Martial Artist!



**The applause (and the admiration) will pass,
The medals (and trophies) will rust,
The victories (and successes) will be forgotten,
But without a doubt
The character and the good example
Will stay forever!**

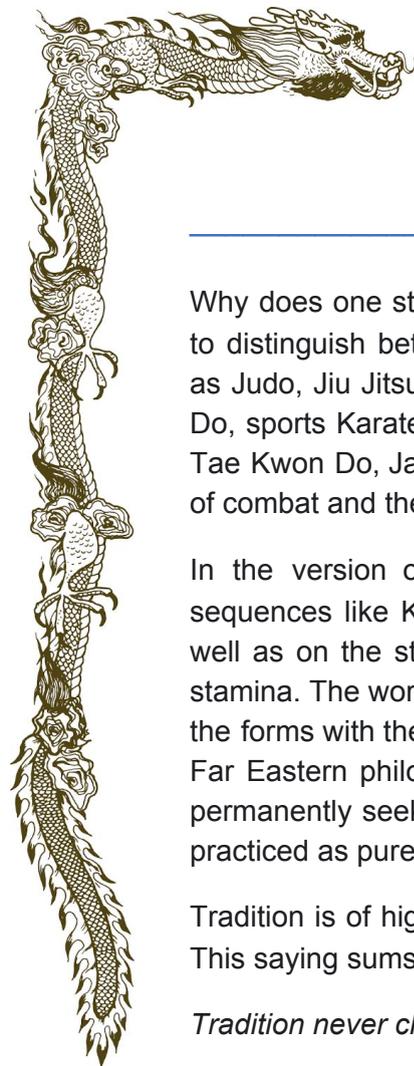
I would like to put down on paper my views and the life experience of a Martial Artist and competitor in this edition. This wise saying made me want to ponder once more upon the true and actual meaning of Martial Arts.

The true Martial Art is not the competition or duel with an opponent but the constant fight with oneself and with one's own personality. Therefore I would like to encourage you to think about why you actually practice a Martial Art.

A young person as well as a beginner sees first and foremost their possibility to measure themselves with others when they start to practice a Martial Art style. At the beginning they are unaware that there might be something different, something much more important for oneself and one's life behind it all. So they happily wallow in the activity to measure themselves in the combat about victory or defeat.

In the version of combat sports, which was deprived of its originally embedded Far Eastern philosophy, the thought of combat and the forces in competition are the main focus. If the combat inevitably leads to competitions the original Far Eastern style is transferred into a pure combat sport, similar to boxing, wrestling or fencing, which are missing the sense of the Far Eastern philosophy.

Here the first part of the above mentioned text applies mainly. What is left for most of the competitors after finishing the competition activities? Often health impairment as a result of the excessively partaking in competitions and the lack of sense. Only few succeed in the transition of regarding their earlier practiced combat sport into becoming now a Martial Art. Those are the ones that endeavour to share their skills and knowledge through teaching and thus give their further future a sense in a Martial Arts way.



Why does one start a Far Eastern sport? What moves people and what are the reasons? One has to distinguish between the martial athletes/artists that need a partner to practice their sport, such as Judo, Jiu Jitsu, Ju Jitsu, Aikido (self-defence), Kendo, HapKiDo, KickBoxing, sports Tae Kwon Do, sports Karate and those that can be practiced also without a partner, like traditional Karate and Tae Kwon Do, Jaido, Wu Shu, Tang Soo Do and Kyudo. The latter can do without the pure thought of combat and therefore do not need a partner.

In the version of Martial Art the focus is on the constant practice of partly complex motion sequences like Katas/Hyungs which require a high degree of coordination and concentration, as well as on the steady development of their own personality, e.g in aspects of perseverance and stamina. The work on personal improvement through constant practice and the effort to understand the forms with their complex and coordinated motion sequences, as well as to study the associated Far Eastern philosophy over many years and feel connected to the tradition requires therefore to permanently seek personal character development. That applies also to Aikido and Judo which are practiced as pure Martial Arts.

Tradition is of high importance in Far Eastern Martial Arts, which reflects in actively lived etiquette. This saying sums it up:

Tradition never changes the taste, the hair style, the clothing, the suit.

Finally, what remains into advanced age? Applause, admiration, success and trophies will be forgotten and lose their former so very important meaning for the person. But what the person made out of all that for itself, such as their personality and reputation, will remain forever!

SahBumNim Klaus Togemann, Germany

NEWS AND EVENTS

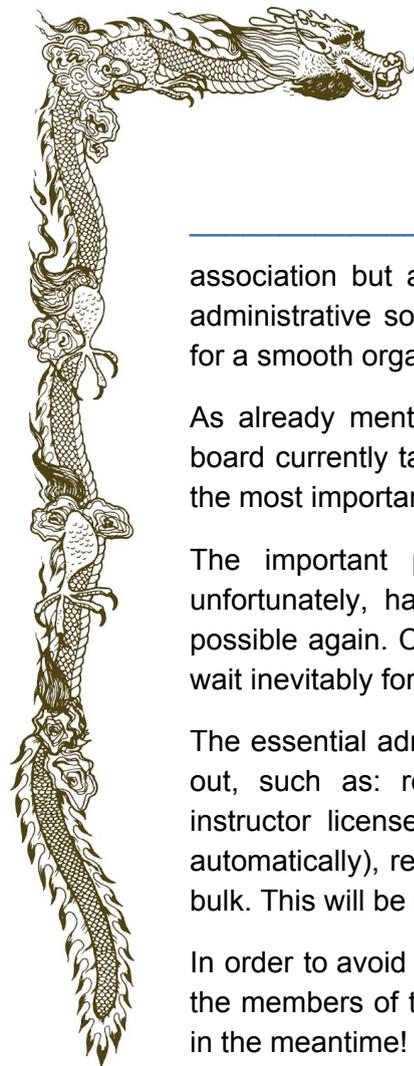
The TGTSDA and the Current Situation

The health, social and economic effects of the Corona pandemic are now calling on all sides for a rethinking in all countries around the world. Nothing is and will also not be as it was before. The impact on the countries varies and is very serious.

As long as there is no effective antidote to this virus, we have to live with different and fluctuating reactions depending on the country. Cautious assessments assume that it may take until the end of the year to develop an effective antidote to be able to effectively control the effects of the virus and thus end this pandemic.

The economic consequences cannot yet be estimated. However, people cannot be restricted for such a long time. No country can persevere without a functioning economy in the long term. This finding will inevitably lead to a compromise between the undoubtedly existing risk of infection and the need to restart a functioning economy. Everyone is afraid of a global recession!

Of course, all of this has a serious impact on our new TGTSDA, which we have just recently founded. We do our best to not only maintain the functional activities of the TGTSDA as an



association but also to carry out the necessary administrative actions. The functionalities in the administrative software, as an indispensable back support, will be further developed satisfactorily for a smooth organizational process.

As already mentioned in the previous circular, the informal organizational exchange within the board currently takes place exclusively via email, telephone and messenger (video)! This enables the most important functions within the association to be carried out successfully.

The important practical exchange in the form of courses, seminars and championships, unfortunately, has to be postponed until the political decision-makers in each country make it possible again. Cautious estimates assume a period from July to September. The TGTSDA has to wait inevitably for this point in time and then react in the short term if necessary.

The essential administrative processes for the functioning of an association can already be carried out, such as: registering studios and their members, Gup/Dan exams, issuing studios and instructor licenses. All this, with invoices still being transmitted manually (as soon as possible automatically), reference works and information material on various topics are already available in bulk. This will be made available on the TGTSDA website soon. See also TGTSDA newsletter.

In order to avoid unnecessary misunderstandings and ambiguities within the association and within the members of the association, we should all make active use of email, telephone and video chat in the meantime!

By the beginning of May/June there should be more clarity about further political actions. Then we will see. Postponed is not cancelled! During this period, each responsible function holder can personally take steps to keep his skills and knowledge up to date!

Tang Soo !!

SahBumNim Klaus Trogemann, Chairman of the TGTSDA

Corona and the TGTSDA

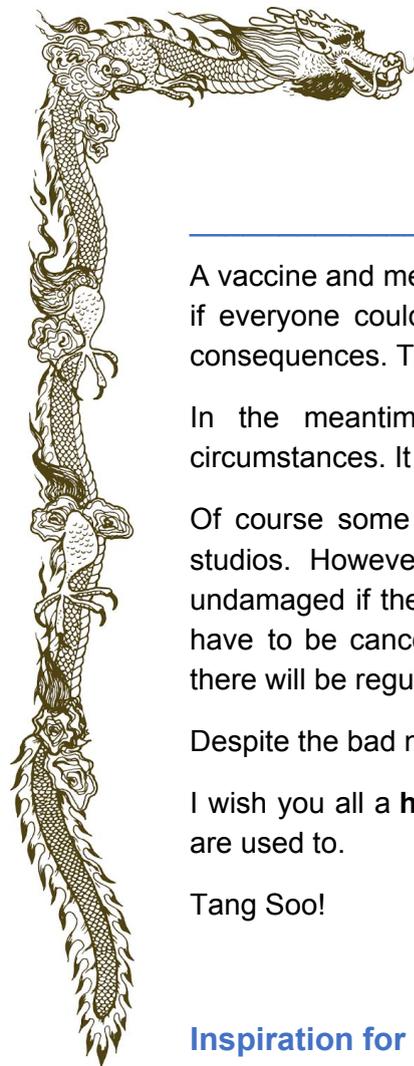
Dear TGTSDA members, there are always two sides to a medal. The pendulum always swings from one extreme to the other and in the upcoming month we will see if it will settle down in a reasonable middle!

Who really knows what the right way is to overcome this crisis after China? South Korea or Singapore's way, Germany or Italy's, France or the USA's way or the approach Sweden is taking? Only the future will show that. Until then we cannot do anything, no matter how steep or flat the curve with all its impacts and side effects will be.

Let's look confidently and optimistically into the future despite these confined restrictions. We urgently need this to be able to cope with the difficult economic effects afterwards.

For me personally it looks like this:

During the next month we will have to live with the consequences of the infection.



A vaccine and medicine will be available at the very earliest in the second half of the year and then, if everyone could be vaccinated, we have to see how everyone is dealing with the economical consequences. That will at least last until next year, 2021.

In the meantime we should all act wisely, calmly and considerately under the current circumstances. It is important to keep up a good spirit.

Of course some of us will experience problems with the possibilities to train in their clubs and studios. However also the commercially operated studios should be able to survive halfway undamaged if their members are loyal. Already planned TGTSDA events in Germany and Europe have to be cancelled or if possible postponed. We do not make hasty decisions and eventually there will be regular possibilities to train again. Life will go on with new additional experiences.

Despite the bad news we should stay positive!

I wish you all a **healthy** and happy Easter, even though it might be quite different this year than we are used to.

Tang Soo!

SahBumNim Klaus Togemann, Germany

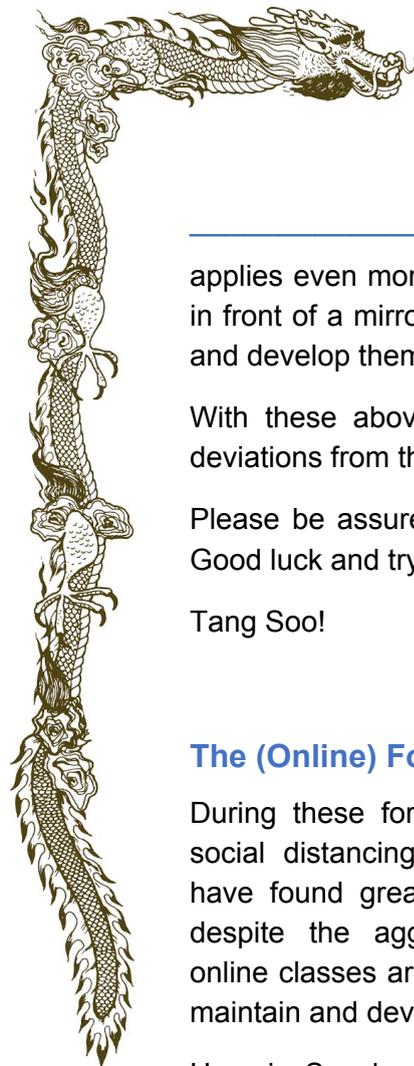
[Inspiration for Your Training at Home](#)

Here is a story from my past that I would like to share to inspire the many practitioners:

When I came back to Germany from the USA as a 6th Gup, with eight month only after work classes - so still a beginner in TSD - I could maintain what I had learnt until then only during my back then Judo and Ju Jutsu training at my home club. In the following five years I was able to freshen up my TSD skills during the yearly, one month lasting short trips to the TSD studios in the US. Only when I received my black belt after a two month intensive training, I reached a corresponding level. Back then the old Asian masters' motto was: Black belts that are not able to train themselves, are not worth their belt. Whenever I went back to these four week classes in the USA after a year, I was expected to have maintained my techniques and forms. Small mistakes were tolerated due to the absence of an instructor during the other eleven month. That is how it has been ever since I started 38 years ago, later it was even only a longer training weekend twice a year. That is how I ,despite all difficulties, developed myself to reach the level I am today as a 7th Dan Seniormaster.

So how can you practice alone in these challenging times? Here are some tips from my past that I still practice every week, if someone is really interested.

Lower colour belts can practice warm up and basic techniques more or less on their own and they can do the few forms they have learned until then by themselves. From the classes they had in their clubs and studios so far, they should know and have internalised the basic procedure of a training session. Then it is up to the practitioners to work out two to three times by themselves or with siblings and parents can of course support their children. Right now there should be enough time. That does not require special instructions if you are motivated. For higher colour belts this



applies even more! Eventually you want to be a black belt! You can train your one-step-techniques in front of a mirror with an imaginary shadow partner. Black belts should definitely be able to train and develop themselves. In our manuals are enough examples of how a training should look like.

With these above listed procedures you should be equipped to maintain a certain level. Any deviations from the standards can and will be revised as soon as regular classes will restart.

Please be assured that this is the way I keep up my level. Where there is a will there is a way! Good luck and try to overcome your weaker self!

Tang Soo!

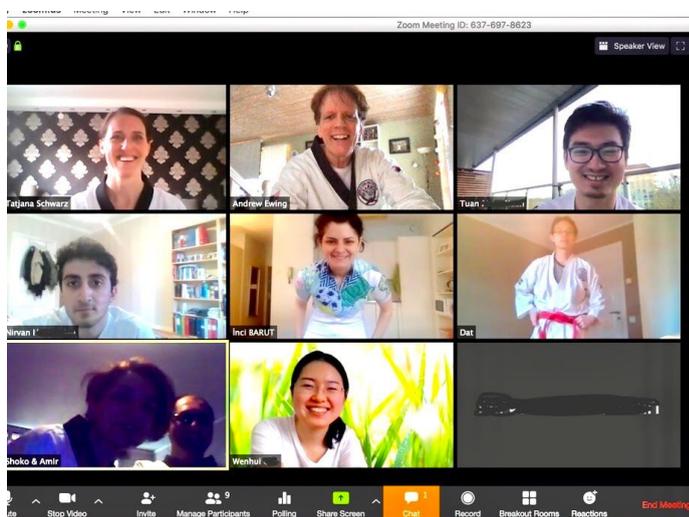
SahBumNim Klaus Trogemann, Germany

The (Online) Force is Strong in Sweden

During these for sure challenging times of social distancing lots of martial arts clubs have found great ways to connect people despite the aggravating circumstances - online classes are one of the helpful tools to maintain and develop our TSD skills.

Here in Sweden it is the much appreciated initiative of Master Andrew Ewing from Gothenburg to organise and coordinate our classes twice a week for all belt grades from Gothenburg to Malmö to Stockholm.

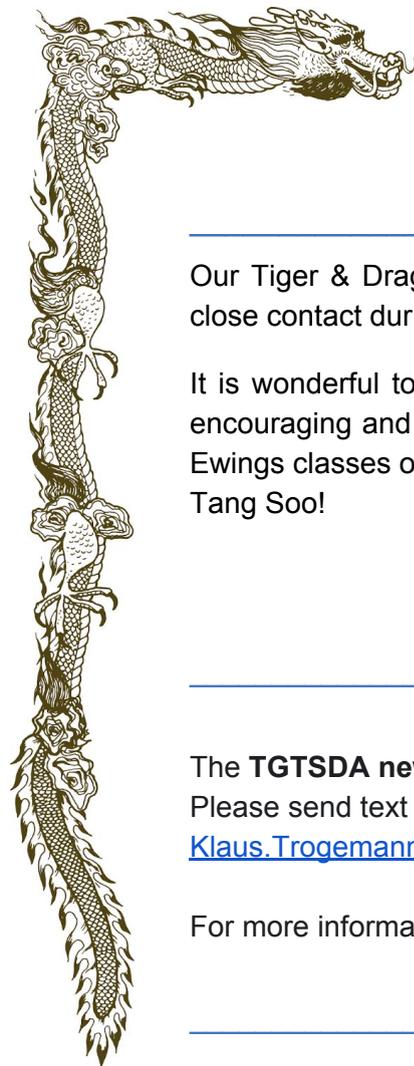
After an energising warm-up we do some basic drills which do not require too much space, followed by forms. Depending on the subject of the day the focus is then on staff, knife or one-step-techniques. Very inspiring and helpful are Master Ewings tips and remarks and the possibility to ask questions, references to Master Trogemann or Grandmaster Shin included.



At Åkersberga TSD the junior and senior members have the possibility to participate in outdoor classes every Saturday afternoon.



Of course the instructor makes sure that every student keeps the necessary distance and other than in regular classes there are no exercises with partners but with an imaginary opponent.



Our Tiger & Dragon tamer Cade has worked out possibilities to keep the little ones from having close contact during classes so we will start their outdoor training soon.

It is wonderful to be part of our little community of happy TSD people here in Sweden and it is encouraging and inspiring at the same time as a "Stockholmare" to be able to take part in Master Ewings classes on the other side of the country - Tack så jättemycket!

Tang Soo!

Tatjana Schwarz, E Dan, Åkersberga TSD, Sweden

PLEASE NOTE

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

Please send text contributions and photos for the newsletter via mail to

Klaus.Trogemann@tgtsda.com.

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

IMPRINT

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Klaus Trogemann, TGTSDA editorial team