



EDITORIAL

Thoughts on the Way to Being a Master



By chance, my old English paperback edition Karate-Do 'my way of life' of the great old martial arts master and founder of the Shotokan Karate, Gishin Funakoshi, fell into my hands. As I leafed through it, it one more time inspired me thinking about the meaning and purpose of being a traditional master in today's world. This booklet should be a must read for any person seriously interested in the traditional martial art. In this book he describes his arduous career from an initial weak boy to a respected, successful and respected masters of his art.

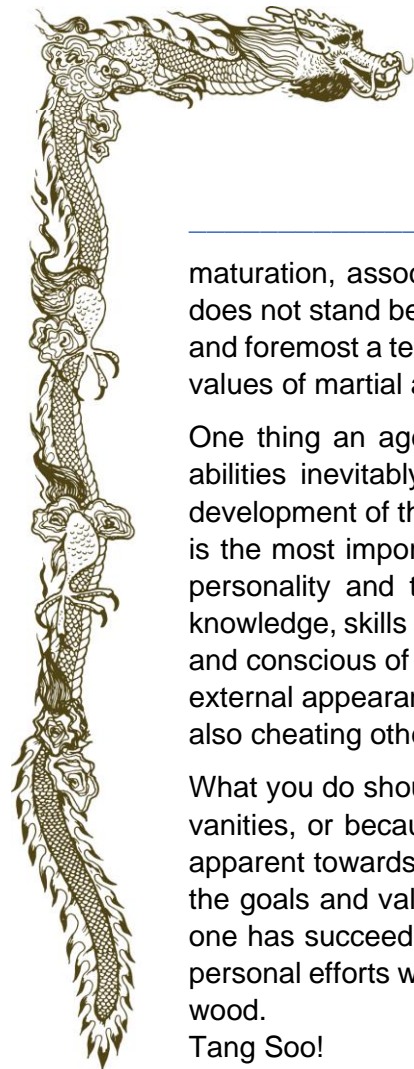
Reading this, the statements of my traditional Master Jae Chul Shin come to mind once more. Masters are not born; they are only born through hard and lifelong training, created for what it means to be a master. Martial art does not mean to have developed special technically outstanding skills, but to have created a better community of like-minded people in the sense of the Asian traditional virtues and values and their consequent ways of acting. That means to constantly work on the positive development of his personality in the sense of the Confucian virtues and values. Avoid more and more negative characteristics of the personality such as lust for prestige, vanity, arrogance, etc and develop more and more the positive characteristics such as modesty, gentleness, nobility, etc. No one is perfect, everyone carries within themselves positive as well as negative qualities. The way is to spend a lifetime trying to improve some as much as possible and reduce others as far as possible with the help of martial arts to develop and to accomplish this.

It would be illusory to think that everyone would embark on the rocky path of the development to a martial artist, being ready to take the final step. Many technically talented students start with high hopes and then ultimately fail because of the challenges to further develop one's own personality and then unfortunately give up due to the lack of stamina. The life of a martial artist does not serve the satisfaction of one's own vanity!

An important meaning and purpose of learning and practicing a martial art is to deal with the promotion of an idea, an ideal, its realisation, and the to transfer it permanently and successfully. It takes time to train regularly twice a week for about 5 years until you reach the level of a first Dan. Depending on the personal motivation and their individual goal, many stop there with what they have achieved. Approximately only one third has the necessary motivation and follows the path of martial arts for 10 - 12 years towards obtaining the rank of a 4th Dan instructor.

Afterwards it is decided whether the person was only motivated by obtaining the technical development, or if they continue to develop further as a martial artist. Now, the development of further personal skills such as leadership qualities and management skills are indispensable. The individuals must be clear about what they are doing with the achievement of a master's degree for themselves. Are they aware of the inevitably associated tasks, responsibilities, and the additional requirements?

An important aspect is to build up an increased willingness to sacrifice, for oneself, the future with new or changed priorities in their personal CV! The stony way from a Junior Master to a Senior Master and possibly one day to a Grandmaster, is far from being underestimated. In the case of an already existing inner drive, another 25 to 30 years will pass, filled with deprivation, personal



maturity, associated with the experience of life and intellectual prerequisites. The true Masters does not stand before their disciples, but behind them in the background. A traditional master is first and foremost a teacher who leads by example, and who is committed to the transfer of the traditional values of martial arts and is dedicated to the training of further black belts and future masters.

One thing an ageing master must become aware of with time: as age progresses, the physical abilities inevitably diminish, and intellectual abilities have to be used for survival of the further development of the martial arts. The awareness and the difficulty of implementation of this last part, is the most important but also the most arduous. After all, it requires a great effort to work on the personality and the personal character traits. The one who is willing to pass on the acquired knowledge, skills and experience responsibly and successfully to the next generation, must be aware and conscious of that responsibility of actions. Those, who are only after the mere attainment of the external appearance such as the Master belt, are only cheating on themselves and, as a result, are also cheating others who followed blindly, leading them in the wrong direction.

What you do should be done out of conviction for the cause and not for the satisfaction of personal vanities, or because you expect an outcome for yourself. The real gain for oneself only becomes apparent towards the end of the travel of the rocky road to being a master with the achievement of the goals and values, and the proven and witnessed respect of the next martial arts generation. If one has succeeded in passing on the flag of traditional martial arts to the next generation, then all personal efforts were rewarded and paid out. This requires masters who are carved from this special wood.

Tang Soo!

Sah Bum Nim Klaus Trogemann, Germany

NEWS AND EVENTS

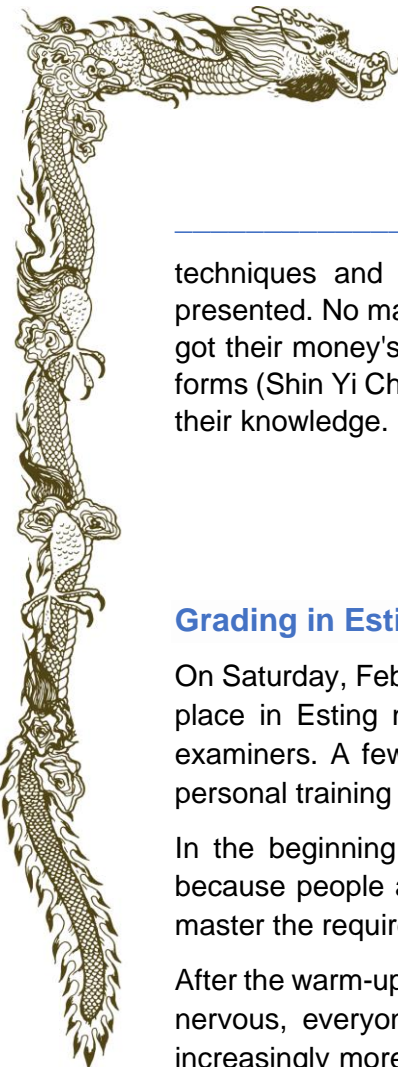
Instructor Seminar in Esting



On January 8th, this year's instructor seminar took place in Esting/Germany under the lead of International Senior Master Klaus Trogemann. Due to Covid, only 5 participants from TSD Neufahrn, Esting and Au/Hallertau were present. At the beginning, general topics such as the structure and time frame of a regular training session were discussed. Then the different compositions of training sessions (children's, youth, and adult training) and the best way to motivate and teach certain age groups were discussed.

Children behave very differently from adults because they cannot maintain their concentration for so long. For this reason, the training for children must always be loosened up with playful actions. In a group of beginners and advanced, the trainer must teach all participants appropriately so that no one feels under- or overwhelmed. In such a group, joint training is a great asset.

Due to the increasing number of Covid infections, only the theoretical part was discussed this time. The practical part, usually with a group of students of Master Trogemann, was omitted. Instead, he gave us suggestions for improvement in response to various questions from the participants. Master Trogemann explained how to prepare and perform a complete training session (warm-up, basic



techniques and forms). In addition, various animation techniques for children's training were presented. No matter if you have no experience as an instructor or are already advanced, everyone got their money's worth. In the end, some of the participants had the opportunity to learn two new forms (Shin Yi Chang and Bassai Sho) and those who already knew them had the chance to deepen their knowledge.

Leonidas Kalojanidis, Cho Dan, TSD Esting/Germany

Grading in Esting

On Saturday, February 26, 2022, a belt test under the supervision of Meister Klaus Trogemann took place in Esting near Munich. Invited were six students who had at least green belts and four examiners. A few spectators were there as well. People who came a little earlier, could enjoy a personal training with the master.

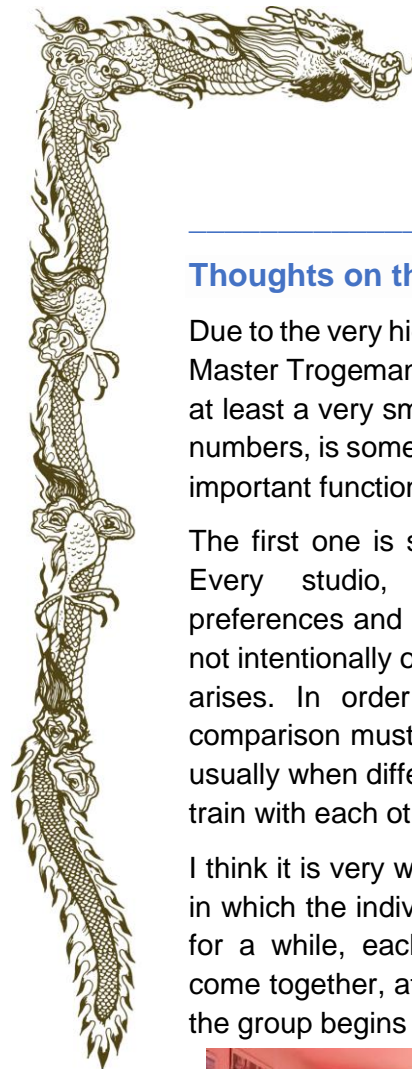
In the beginning, Master Trogemann explained that the examiners will be a little more lenient because people already have had enough to do with the Covid situation. Nevertheless, one must master the requirements.

After the warm-up with extra wishes from the examiners, the grading started. Although everyone was nervous, everyone showed their best in different hand and foot attacks and defenses, and in increasingly more difficult forms. In addition, we had to show one-step techniques where you have to use hands and feet, and everything else you can to defend yourself with. These techniques are to be learned. After you had fought two short free fights with different opponents, breaking was next. All examinees had to cut through a 2cm thick wooden board. This was not so easy, because nervousness and powerlessness played along quite badly. After that, the examinees were asked why they do Tang Soo Do and what their goals are.

In a final lecture, Master Trogemann congratulated us on passing the test and in addition, he encouraged us to not learn too much at once, but to learn what we had newly learned.

Eric Seelig, 2nd Gup, TSD Rottal Inn/Germany





Thoughts on the Weapons and Hyung Seminar

Due to the very high Covid incidence, the weapons and Hyung seminar could not happen as planned. Master Trogemann made his studio available to give the possibility to have their Hyungs checked to at least a very small circle of participants. How tragic it is that we could not come together in larger numbers, is something that went through my head while driving home. These seminars fulfil two very important functions:

The first one is synchronization and matching. Every studio, every instructor develops preferences and peculiarities over time. Usually not intentionally or even out of egoism out, it just arises. In order to counteract deviations, a comparison must be carried out. This happens, usually when different groups, from time to time, train with each other.



I think it is very well comparable to an orchestra in which the individual members have practiced for a while, each for themselves. When they come together, at the beginning the interaction is not yet perfect. After the third or fourth repetition, the group begins to harmonise. Just like in an orchestra, it is the same with us. In the joint execution



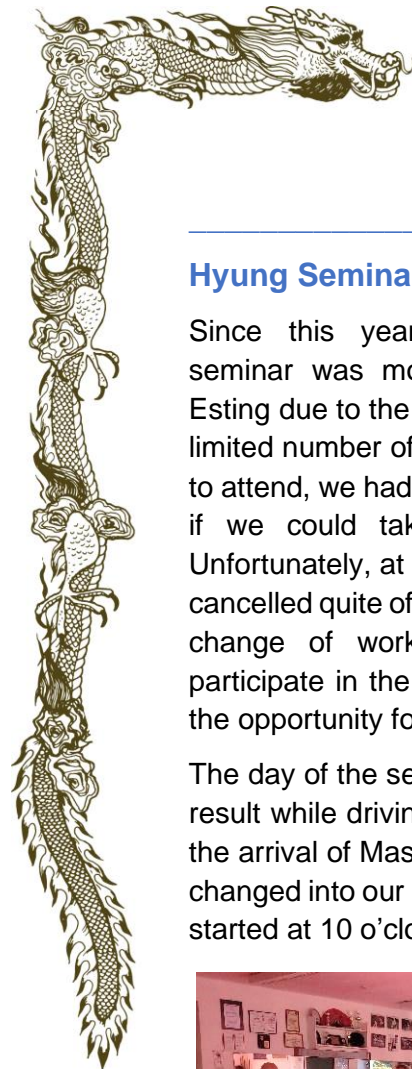
of the Hyung, we tune in on each other and the Master corrects us just like a conductor. The less frequent we come together and the smaller the groups, the more difficult it will be to work together like an orchestra. In gradings, seminars and championships it is noticeable, that within the same style, differences show up. It is a misconception that this is only the case only in higher forms, it happens from the first until the last Hyung. The lower forms are, however, faster and easier to get into a unified picture.

The second function is to make friends. We come together as fans, fans who share a common passion. From a wide variety of age groups and areas of the society we have one thing in common: The enthusiasm for our martial art Tang Soo Do. We experience our hobby together and inspire each other. It is not just about to reach the next belt. It is about meeting friends and chat with each other about this way of life.



I very much hope that more people can come to the next seminar to exchange experiences with fun and friends!

Alexander Schmid, E Dan, TSD Neufahrn/Germany



Hyung Seminar in Esting

Since this year's weapon and Hyung seminar was moved from Gersthofen to Esting due to the pandemic and thus only a limited number of participants were allowed to attend, we had to ask our instructors first, if we could take part in the seminar. Unfortunately, at our club classes had to be cancelled quite often, or due to crisis-related change of working hours, I could not participate in the joint classes. So we took the opportunity for an extra training.



The day of the seminar had come. the two of us started with first going to a test station. We got the result while driving. After about 1.5h, we arrived in Esting. We waited in the warm morning sun for the arrival of Master Klaus Trogemann. As always, he arrived on time. After a friendly welcome, we changed into our Dobohks. Gradually, all participants arrived and we had a nice chat before the class started at 10 o'clock. It was a tight program. We went through all the forms.



Master Trogemann watched everyone closely and corrected people here and there. I quickly realized that my regular training is missing and some mistakes have crept in. That was unpleasant for me in front of our Master, but to stay home and continue the spiral of too little training was no option either.

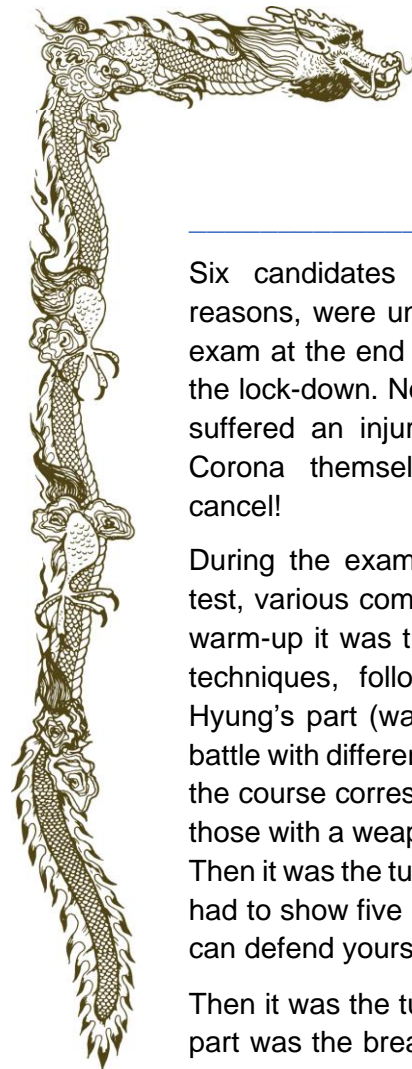
When the higher forms were practiced, the colour belts were allowed to watch what awaits us if we stick with it for many more years. The three hours flew by. At the end, Master Trogemann showed us a few high master forms. So I could even see the spear form. At the end of the seminar, the etiquette in Tang Soo Do was discussed again, e.g., when to thank the instructor/master with "Ko Map Sum Ni Da".

For me personally, I take away from the seminar that even if you think you can do everything well and if necessary, you could practice alone for a week or skip class for a week, that this is not enough to achieve a good performance. It is easy to confuse the forms, stances become less accurate, terms are no longer so easy to remember etc. It is therefore important to set your own motivations to always have a suitable answer for one's weaker self, if it has no desire, time or the like.

Pierre Seelig, 1st Gup, TSD Rottal Inn/Germany

Gup Exam in the Netherlands

On Saturday, March 12, 2022, a Gup exam took place for the first time since the start of the Corona crisis, where spectators were present. The event was organised by Dojang Koguryo, in the gym of the MFC Op Expeditie in Blerick/NL, which also uses this gym on Tuesday and Thursday evenings for Tang Soo Do training.



Six candidates were invited, who, for various reasons, were unable to participate in the previous exam at the end of November last year, just before the lock-down. Not yet fully recovered after surgery, suffered an injury, being in quarantine or having Corona themselves, unfortunately they had to cancel!

During the exam, which started with a theoretical test, various components were discussed. After the warm-up it was the turn to show the different hand techniques, followed by foot techniques. In the Hyung's part (walking forms which is an imaginary battle with different opponents) everyone had to walk the course corresponding to the belt level of the candidate, whereby both the open hand walks and those with a weapon - in this case the bong (long stick for brown belt and red belt) - were discussed. Then it was the turn of the one-step-sparring for both hand and foot techniques, where the candidates had to show five different performances. Someone is attacking you and you have to show how you can defend yourself, and also in case someone grabs you, how do you defend yourself.



Then it was the turn of several rounds of sparring, each time against a different opponent. The last part was the break test. Here you show that you can break a board with the right technique, both with a hand and foot technique.

At the end of the exam, everyone was told that everything had been successful, and all candidates had achieved the next rank. Everyone can now continue training to take the next step towards the black belt!

Kees Mommers, 3rd Dan, Kogoryo TSD/Netherlands

One-Steps Clinic in Zorneding

On March 19th TSD Zorneding invited TSD practitioners to an Il Soo Sik - Ho Sin Sul clinic for hand, foot and self-defense techniques. Christian Fassold (3rd Dan) and his team welcomed their guests very warmly. They impressed us already at the entrance with their fantastic cake buffet!



In Tang Soo Do it has always been the case, and hopefully will always be the case, that people of different ages and from different countries, with different social backgrounds and areas of life, train peacefully and amicably

with each other. From all parts of the world, we come together to live a communal culture of mutual respect.

The focus of this clinic was on the 30 hand and foot techniques and the 30 self-defence techniques. International Senior Master Klaus Trogemann, decided on site which of the 90 predetermined techniques he picks out to practice them intensively.



Three hours of training seem like a lot of time at first glance, but these fly by when motivated and concentrated work is done. The participants, divided into two groups, practiced the techniques most important to them.

The different studios can compare their techniques and uncover and correct mistakes and misunderstandings. But

despite all the seriousness, self-defense is not a game, it is the fun and the togetherness that I always enjoy so much at these events.

Unfortunately, not everyone was able to attend the lunch at the restaurant Neuwirt.



I really hope that we will soon be holding further clinics such as the one in Zorneding, e.g. I would be very interested in the 30 bong self-defence techniques.

Alexander Schmid, E Dan,
TSD Neufahrn/Germany

Meeting GM Ghorbani and GM Ki Yun Yi in Ireland

Due to an invitation, that Master Klaus Trogemann could not follow for quite some time, he visited the Sin Moo Hap Ki Do Grandmaster Massan Ghorbani in Bray, a coastal suburb of Dublin, in March. Both are students of GM Ji Han Jae, the founder of Sin Moo Hap Ki Do. It was a fruitful exchange of knowledge and views around Hap Ki Do to which Master Trogemann was able to contribute to with his knowledge of TSD, Judo, Ju Jutsu and Qi Gong.

In addition, at GM Ghorbanis request, he took over some of the practice sessions in the studio Mastertemple, which he underpinned with his many years of experience as an instructor in the above-mentioned arts. It was also very interesting for GM Ghorbani to experience a slightly different form of training design and knowledge transfer. They also talked about the Hap Ki Do Manual that Master Trogemann has planned, to which the Grandmaster would also like to contribute with his experience.





GM Ghorbani also made a lot of effort to make Master Trogemann's stay as informative as possible in the sightseeing aspect. Finally, they promised to meet soon again, either in Ireland or in Germany, to continue the fruitful technical exchange for the profit of the associations.



For some time, Master Trogemann still had an open invitation to the IMA (International Martial Art Association). He followed them to their event of the World Championship in Belfast Northern Ireland.

Unfortunately, due to Covid, participants from the USA could not attend, so the group of participants consisted of participants from

Ireland, Great Britain, Malta and Brazil. Despite the absence of the people from the US, it was a great atmosphere.



First a master examination was held under the supervision of GM Ki Yun Yi with participants from these countries. The new master belts were then ceremoniously handed over to them. Also, the European director of the IMA, Suresh Nar, was promoted to 8th Dan Grandmaster of the IMA. Following this presentation, Master John Dickinson

from the USA/Brazil and Master Trogemann were honourably welcomed and placed in the grandstand of the event. Both are and were also students of GM Ki Yun Yi.



The championship took place in a cheerful and friendly atmosphere. There were enough trophies and medals that hardly anyone had to leave empty-handed.



In the evening, Master Dickinson and Master Trogemann were guests at the championship party and had a lively friendly exchange with many friends from past WTSDA days. The next morning, GM Yi and Master Trogemann had a detailed discussion about the future cooperation and the organisation of the upcoming higher graduation of Master Dickinson and Master Trogemann by GM Yi. With the promise of a soon reunion, they bid a warm farewell.

SBN, Klaus Trogemann



3-day TSD Summer Camp in Kirchdorf – A Successful Premiere



The TGTSDA held its annual three-day clinic from Friday 13th to Sunday 15th, 2022 for the first time with us in Rottal am Inn/Germany. The host and organiser was the TSD department of TSV Kirchdorf am Inn e.V. As an experienced course leader, Master Klaus Trogemann arrived from Munich.

After only smaller seminars were possible in the last two years, all registered participants were looking very much forward to this event. There was a total of 60 participants from all over Bavaria, as well as from Baden-Wuerttemberg, North Rhine-Westphalia and even from Switzerland.

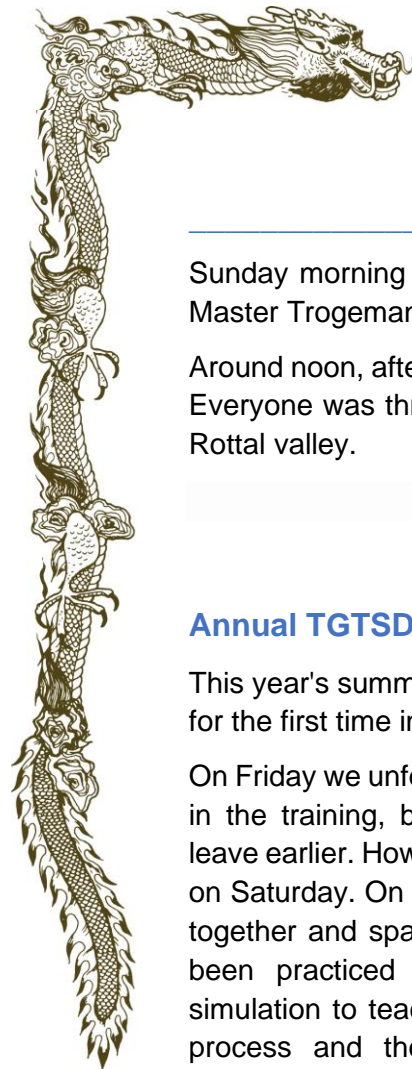


On Friday evening we started with a two-hour Hyung - Training to achieve a common basis in training again after the long abstinence of clinics. After these sweaty exercises, the joint barbecue on the TSV club grounds in the Au, friendships of the participants were refreshed until late into the night. You could tell that social interaction in conversation and laughing together is at least as important as the sporting activity.

Before breakfast the next morning, Tai Chi was on the day's schedule at the hotel Inntalhof and afterwards, in the gym, participants could improve their free fighting skills with changing partners for three hours. The instructors and black belts present also had to comply with the rules for the upcoming competitions. After that, the Black Belts practiced difficult forms with and without weapons in an extra training session until the afternoon.

As a thank you for the hardships of leading such a long clinic, Master Klaus Trogemann was invited by the TSD department to a sightseeing flight to the Chiemsee, one of Bavaria's most beautiful lakes. To reward themselves, many participants then together drove to the Waldsee, a beautiful little lake, for swimming or visited the village Burghausen to get to know our beautiful region. In the evening we had a barbecue together again.





Sunday morning started again with Tai Chi and afterwards we practiced Hyungs to the tempo of Master Trogemann's Korean drum, weapon forms and partner techniques with the bong.

Around noon, after an eventful three days, the participants said goodbye and got on their way home. Everyone was thrilled and is hoping to be back next year here in Kirchdorf am Inn in the beautiful Rottal valley.

J. Kandlbinder, Sam Dan, TSD Rottal/Germany

Annual TGTSDA Summer Camp

This year's summer camp from May 13th to 15th did not take place in Taching am See as usual, but for the first time in Kirchdorf am Inn.

On Friday we unfortunately could not participate in the training, because we were not able to leave earlier. However, we were able to be there on Saturday. On the schedule was doing forms together and sparring training, which has later been practiced in a realistic championship simulation to teach the competition judges the process and the point system in sparring. Subsequently, the special training for the black belts took place, in which the higher forms were practiced.



Even if the training was in the foreground, there were enough attractions to spend the sunny Saturday afternoon. Some have chosen a lake nearby to cool off, others visited a castle, or a sightseeing flight was booked at the local airfield. Of course, one should not have missed the joint barbecue, which was next to the clubhouse of TSV Kirchdorf.

On Sunday we learned/practiced the techniques with the long stick/bong. I hope that this will be practiced more often again in trainings of the individual clubs, as these are very interesting and you learn how to handle this weapon better.

It was nice after a slightly longer forced break to see old faces again and to train together and we are looking forward to next year.

Justin Oestreich, Cho Dan, TSD Esting/Germany



PLEASE NOTE

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

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

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

IMPRINT

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