

## The Priceless Value of Long-time Members and Students

Anyone who has ever founded and built up a club, school, studio, or association in the martial arts and has led it over many years, makes some important experiences in the personal field and in the interaction with the created institution and its people.

As a long-time instructor, you have certainly supported many students for many years until they achieve a black belt and even continue to accompany them beyond. These are many years of joint training and support. This makes me think about what it ultimately means to have walked a common path with them for such a long time.

Through the years as an instructor, you get to know countless students. Some of them only stay for a short time while others stay with you for many years. This results in the following assumptions: Out of 100 students who start in a studio, about 30 stop training in the first year, another 40 leave training in the first 2 - 3 years. The rest of about 30 students remains 5 - 6 years until they reach black belt. Half of them remain loyal to the coach for many years.

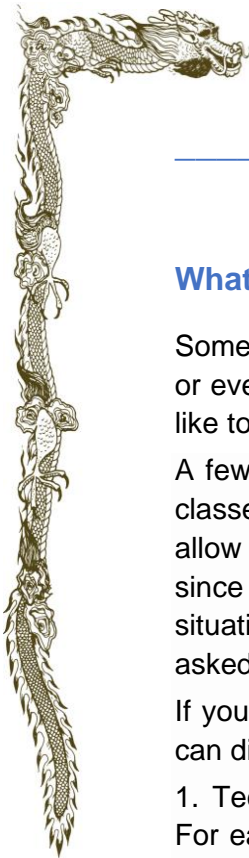


Precisely these are the students who are not only very valuable to the coach as a loyal follower, but also for the continued existence of the school, studio or association. With them, a trusting community is formed over the years, which guarantees the continuity of the studio for many years. Each one of these members supports the studio, depending on their preferences, as a trainer, administrator, organiser and with other tasks. By transferring, taking over, and delegating organisational tasks and successfully completing them, the students learn and gain experience for future tasks. However, this should not be done for vain and selfish reasons. What a member does, should be done honestly with joy and conviction for the cause and not with calculating ulterior motives. Thus, they lose their true meaning and miss their purpose.

This group of long-standing loyal followers is an indispensable and very worthy fund from which the instructor as well as the community can draw for the continued existence of a studio and association. An instructor gets older over the years and his capacity decreases over the years. Over time he must rely more and more on these loyal group members so that the achievements can continue to persist. These members work usually unselfishly not for fame, honor or recognition but are solely committed to the continued persistence of the studio and association.

All their commitment and support must be honored and respected. Their commitment has the full respect of the instructor. A grown, sworn community can achieve and accomplish many things with its priceless commitment. This is what makes their group so indispensable and valuable. The gratitude for the individual should be expressed in the recognition through the instructor for their many years of loyal and altruistic support and should also be expressed publicly and privately on the appropriate occasion. There is a wide range of expressing this recognition, but I prefer not to spread it here in order to not let jealousies arise unnecessarily among the group members. It is up to the skill, the sense of tact and empathy of the instructors to express their gratitude.

Sah Bum Nim Klaus Trogemann, Germany



## NEWS AND EVENTS

### What Is Important?

Sometimes, as an instructor, you get questions from your students, which make you think afterwards or even lead you to leaf through one or the other book and get a picture of the topic again. I would like to share one of these topics with you in this article.

A few years ago, shortly before a grading, we had a situation where a colour belt showed up for classes, in which he had not participated for several months. When we announced who we would allow to take part in the grading and he was not amongst the participants, he complained about it, since he felt that he had mastered all the required techniques. And then just recently I had a similar situation, about whether someone could sufficiently represent a belt degree or not. So once again I asked myself, what does someone have to fulfil for the next graduation? What is important?

If you look at the different test requirements, whether for colour belts, black belts or masters, you can divide the requirements into three categories:

#### 1. Technical skills

For each graduation, it is clearly defined which forms and techniques the examinee must master. They are taught to the students by their instructor so that they can show during the grading what they have learned.

#### 2. Theoretical knowledge

Again, this is defined for each graduation in the requirements. It is expected that the students will deal with the martial arts on the basis of various books e.g. the Gup Manual and thus also build up a theoretical knowledge about our martial art.

#### 3. The Way

The third category is not found in the requirements at first glance. However, it is e.g. in the minimum requirements or the required training sessions until the next test. Basically it is the question of whether someone is willing to set out to follow the path of Tang Soo Do based on the methods that make up our martial arts, whether someone is willing to come back to training again and again in order to develop further step by step and strive for perfection, whether someone is willing to get involved in our martial arts, whether someone is willing to repeat the already learned techniques again and again. Or to put it in the words of Master Trogemann, whether someone is willing to "stick with it". In fact, this category is so important that it has found its place in the name of our martial arts with the word "Do".

For each exam, the requirements of all three categories must be met according to the belt grade. The three categories do not always have to be equally pronounced, and deficits in one can be compensated by a strong expression of another. However, it is very difficult to compensate for a complete omission of a category.

The color belt from the above example may have had the technical skills and the theoretical knowledge, but he was not willing to come to classes regularly and thus to walk the way. Therefore, he was not admitted to the test and then shortly afterwards stopped again with Tang Soo Do.

In my opinion, it is much more important to stick with it and to follow the path than e.g. to have certain technical skills since we all have different preconditions and physical possibilities.

So stick with it, it's worth it!

Tang Soo!

Achim Brall, Sam Dan, TSD Issum/Germany



### **Classes Resume in Leitershofen/Germany**

We are very happy that we are able to train together again and under almost normal conditions. The training takes place several days a week. Even the children's group is busy practicing again. In good weather we use the outdoor facilities of our club, in bad weather we go inside with a limited number of participants.



Even during the summer holidays, there was a training offer for all those who stayed at home and want to use the summertime for training after the long forced break.

Since the numbers in our area have been increasing rapidly over the past weeks the rules have changed. Since August 27, 2021 there can only be ten participants in the gym at the same time and the 3G rule is applied – only vaccinated, recovered or tested people can take part.

Sabine Bold, Cho Dan Bo, TSD Leitershofen/Germany

### **Clinic in Munich/Solln with Gup and Dan Grading**

On September 17, 2021 a Gup and Dan grading took place in Munich/Solln. Some of the strict Corona restrictions were repealed so we it was possible again to hold a TGTSDA clinic on a larger scale as well as grading for Gup and Dan Grade.

The 3-hour course took place from 10:00 to 13:00. About 45 TGTSDA members from white belt to Master, from Scotland, Switzerland, France and Germany, were introduced to the new traditional forms, which are now additional to the curriculum of the TGTSDA. At the beginning of the clinic, the new Dan grades, acquired in last year's grading, from Cho Dan to Sam Dan as well as Cho Dan Bos were promoted.



A separate training program for the lower Gup grades under the guidance of Sam Dan Peter Fuchs intensified the already known forms under different aspects. The ladies of the higher Gup grades were instructed in detail by Cho Dan Rafaela Ndogmo. Where they had time to time to learn Bassai Sho,

Dan Gum Ih Buh and Bong Hyung Sah Bu. SBN Klaus Trogemann took over the group of the present Dan grades and Masters to teach these forms, also other forms were practiced and corrected. This



kind of Hyung training without a break, made all participants really sweat, which was quite understandable after such a long time due to the Corona break. At the end of the clinic, all participants were satisfied and happy that they could train together again and learn new things.



After a little snack, we continued with a joint Dan and Gup grading at 14:00. One student from Lyon and from Leitershofen were grading for Cho Dan, and three higher Gup grades from Rottal/Inn, from Neufahrn and from Leitershofen were grading for their next rank. The board, consisting of the Masters Jan DeVry, Stefan Peters, Christian Preiss and Hanifi Dolu, examined the aspirants in detail in the required tasks for about two hours, and was then able to congratulate them on their passed grading and achievements.

The following morning, a special 3-hour seminar for four Masters, country and studio representatives by Senior Master Klaus Trogemann in his studio in Esting at their higher level of Hyungs. Since these members rarely have the opportunity to have a training at their level, they had inserted an overnight stay in Esting. In addition, the cozy dinner was used for an intensive and fruitful exchange of views about the TGTSDA.

SBN Klaus Trogemann, Esting Germany

### **Rules for participants of a TGTSDA course**

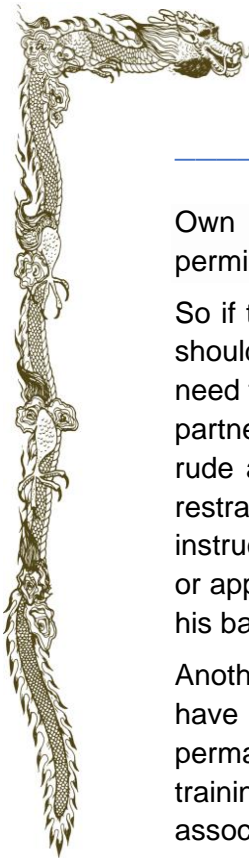
In July, despite the still prevailing corona situation with the associated restrictions, we were finally able to hold a national TSD clinic! Unfortunately, I noticed some atypical behavior of some participants which were disturbing and unbecoming. For that not to happen again in the future, I would like to address this for all our Tang Soo Do members. This is the only way to avoid such unpleasant occurrences in the future.

As a rule, an instructor holds the announced clinic with a certain topic alone. Of course, during the course there may the division of the participants into groups may be required, according to their level and due to better mediation, and to assign each group an assistant instructor with a clearly defined task. They can then respond better and more in depth to the respective requirements for the benefit of the smaller number of group participants. In smaller groups, often you can practice certain things better and the course content can be conveyed more intensely.

The assistant instructor gets a desired direction as a planned mediation aid to which he should adhere. They should therefore not deceive the actual course trainer with their own interpretation of the assigned task. The head instructor has put some thought in it when he handed the task over.

However, if the head instructor must realise that one does not adhere to the desired tasks or direction, but instead carries out the training in a completely different form without prior consultation with him, then this unpleasant ego approach testifies the lack of the necessary respect for the head instructor. This behaviour also endangers the intended learning goal, and it does not take account of the interests of the innocent group participants.

To get the responsibility for a group with a certain learning content, is an honor, as you are also given confidence in the desired implementation by the instructor. This trust should not be damaged recklessly. If you would like to play the instructor yourself, you can put together your own group or course for yourself elsewhere and pursue your ego there. Unsolicited and unauthorized own training content is a disrespectful 'no go'.



Own variants should not simply be carried out during the training without asking and without permission, as this only disturbs and confuses the other participants unnecessarily.

So if the trainer breaks down a form or a series of techniques into easier to learn parts, then you should only practice these. Do not practice more or different things because of your uncontrolled need for recognition, just because you know a little more than the others. It is better to support your partner in practicing the required sequence than to show off your supposed ability. This is simply rude and only confuses and disturbs the other participants while practicing. In principle, modest restraint is appropriate here. It is something different if you are asked specifically by the head instructor to help a participant who is struggling. You can also ask the head instructor for approval or approach him with your suggestion, and then proceed with his consent. But by no means behind his back without his knowledge!

Another point is that a new form or technique sequence must be practiced during the unit until you have mastered it halfway. This is the only way to take something home from the clinic permanently. To record a video, unsolicited and without consent by the instructor, during the ongoing training is not permissible and contradicts the customs of politeness in our traditional martial arts association. Of course, one can also make an exception if e.g., a participant only very rarely has the opportunity to further consolidate and internalise what he has learned without professional supervision. But this must not become the rule under any circumstances. In our tradition, you only learn a form in all its aspects directly from an instructor. As a rule, a time expenditure of two hours should be sufficient to capture a new standard form. Certain forms take a little more time. Then you visit a clinic again to learn the rest and thus permanently consolidate the entire form.

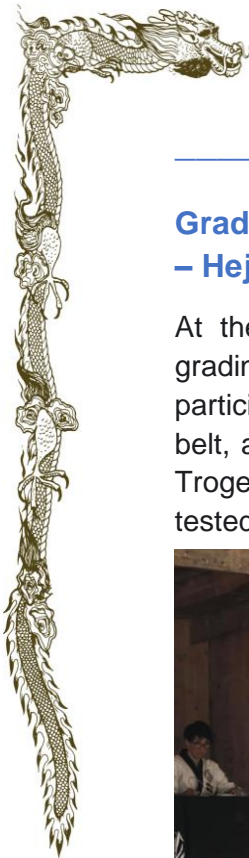
As an important aspect to be noted on the side. During the stay in the hall, the TSD etiquette still applies to all participants. The instructors and black belts address each other as Sah Bum Nim after prior mutual bowing, and are also addressed by the color belts this way, e.g. as Sah Bum Nim Peters, not with the first name as it is usual outside the Dojang in a casual setting. When the highest-ranking senior master or responsible instructor enters the hall at the beginning of the clinic, the closest participant shouts loud and clear: Cha Ryut, Sah Bum Nim y Kyung yet! The participants bow to the master briefly and move on. This testimony of respect is owed to the master/instructor. The same procedure also takes place when the trainer leaves the hall at the end of the clinic. If you claim to be a traditional martial arts association, then you should at least practice the basics of the usual etiquette.

Tang Soo!!!

SBN Klaus Trogemann, Esting/Germany



Hyung clinic July 2021 in Munich/Solln, Germany



**Grading and Handover of Åkersberga TSD klubben in Sweden  
– Hej då Sverige and Hello Germany!**

At the end of May, Åkersberga TSD had a grading in beautiful spring weather. Eight participants were grading for their next colour belt, and with the special permission of Master Trogemann, one participant was exceptionally tested for Black Belt. International Senior Master



Klaus Trogemann and Oh Dan Master Andrew Ewing were following the grading



online from respectively Esting/Germany and Gothenburg/Sweden. Master Ewing's student Dat Le, also grading to Black Belt, did his test in Master Ewing's "outdoor" Dojang – his garden - while the ÅTSD students were in their usual location, the pavilion in the Ekbacken park in Åkersberga.

All participants showed the required skills and an outstanding attitude towards the grading, conducted under the energetic and motivating guidance of Cho Dan Cade Schwarz. One of the highlights and challenges

for the students was the breaking where they could not only prove that their techniques work, but also show their determination. As their instructor, I could not be prouder of my students' performance!

Other than usual, where Black Belts are promoted at occasions like clinics or championships, I had the honour to do the ceremony for our new Black Belt Nick Scardigno, due to the special circumstances. At our annual ÅTSD summer event, Nick did not only receive his well-deserved promotion to Cho Dan, but he was



also handed over the responsibility for the Åkersberga Tang Soo Do klubben. Nick has already been training with Cade and me for several years before I opened our club. He is a



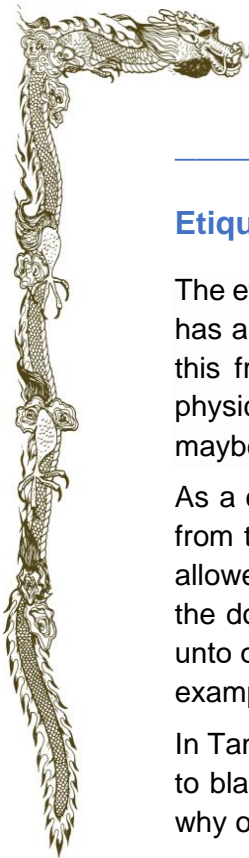
talented, diligent and loyal student who is always eager to learn, and therefore it was a great honour for me to put our club into his hands. Congratulations to both and good luck, Nick!

In July 2021 Cade and I moved to Ulm/Germany where we will for sure continue our martial arts journey, and we are already planning on opening a martial arts school with the combined forces of Tang Soo Do, Haidong Gumdo and Qi Gong.

I would like to take the opportunity here, to express my gratitude to all my TSD students in Åkersberga who made our club a wonderful place to practice, to come together and to share our great art of Tang Soo Do and our friendship. It was an honour and pleasure to be your instructor, and I am happy to have you as my friends!

Tang Soo!

Tatjana Schwarz, E Dan, Bulsajo Tang Soo Do/Germany



## Etiquette in Tang Soo Do

The etiquette, i.e. the gestures and also the mutual interaction of fellow human beings in martial arts, has a very high priority. In the course of my athletic development, I was able to observe and learn this from day one, especially in Master Trogemann's studio in Esting/Germany. It is not about physical superiority and showing off, or phrases that you simply learn and repeat. It is about respect, maybe even humility.

As a child you learn to say, "Good morning" or "Good day". At school, all students used to get up from the chair when the teacher entered the classroom. Only after greeting the teacher, we were allowed to sit down. Today it is still the custom to knock before entering an office, especially when the door is closed, and to wait until we are allowed in. That, too, is etiquette. Also the maxim "Do unto others as you would have them do unto you", is also etiquette. I expect a polite greeting or, for example, attention in a meeting.

In Tang so Do, the etiquette is held very high and, is always used, but also passed on. From master to black belt, from trainer to student, right down to the beginner. Over time, one also thinks about why one bows when entering Do Jang, why one thanks and bows as a student.

When I was a teenager, it was naturally for me to visit a dance school and to practice both the dances and the manners with the dance partner until the prom. Of course, many things were new, but it was a start. Even then, we questioned why we do things a certain way. The etiquette book "Knigge" was often addressed at school. Nowadays, hardly anyone knows it.

The noun *etiquette* comes from the early French "etiquette". It explains the "strict regulation of the order of precedence and all customs at court". By the way, etiquette also includes a clean, ironed Do Bohk and a neatly and properly tied belt.

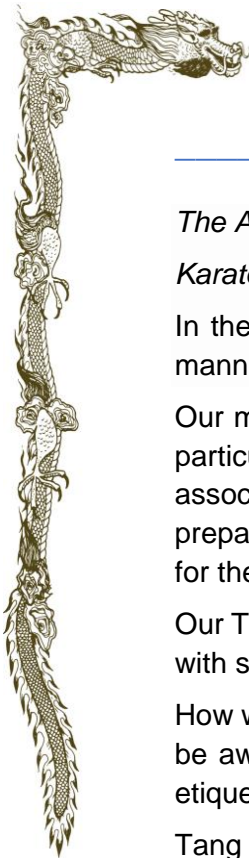
Nowadays, etiquette is used very little or not at all in other martial arts. I have noticed this in recent years at various Budo championships and courses. But you can also discover a lot at major events:

The most recent example for me were the Olympics in Tokyo when watching Hyungs or Katas on TV. While the judges marched in suits with discipline and greeted the participants, some participants looked at their coaches, some to the ground with their eyes closed and others did not even bow. In the final round in the Kumite, a judge had to bring a participant back into the ring after the end of the match so that he would bow to his opponent and shake his hand. The participant had lost and immediately ran across the mats to his group. I find such a thing quite unfortunate and disrespectful.

Fortunately, our terminology deals with these things in words and meaning, so that every student can learn the path bit by bit from the beginning. When the parents pick up the very little ones after class, some are amazed at how still their offspring can stand and say "Obedience to parents" and "Honour friendship", among other things.

This is how you learn how to deal with your instructor and your partner right from the start. I bow, thank you for allowing me to train with you. Or I bow as a thank you and respect for the training with the instructor. Etiquette is part and tradition of our Tang Soo Do. However, it only works to the extent that it is passed on and applied. It should be regular, not exaggerated, and genuine. Automatism is important, but dignified, not bored or disrespectful. Etiquette is part of every training, every course, and every championship.

In various books you will always find anecdotes to think about. Two examples shall be mentioned here:



*The Art of War (Sun Tzu)*

*Karate Do- My Way (Gichin Funakoshi)*

In the contents everyone will find various pieces of wisdom about politeness, respect, honor and manners.

Our martial art lives from togetherness. Like in a big family, we are there for each other. This was particularly evident in the isolation during the pandemic. Some worked out various things for our association on a voluntary basis, e.g. texts were created and revised, manuals and booklets were prepared, photos were taken, and various software problems were eliminated. Individuals take time for the good of the community.

Our Tang so Do family is big. Cooperation only works if everyone adheres to certain rules, especially with so many different personalities. These rules are also part of a general etiquette.

How we present ourselves publicly is very well perceived by outsiders. Therefore, we should always be aware of how we act in public, with a partner, as well as in a group. If we follow this general etiquette, this tradition will persist in the future.

Tang Soo!

Oliver Stahl, E Dan, TSD Esting/Germany

### **Hyung Clinic in Iserlohn/Germany**

On August 28 and 29, 2021, we had a Hyung clinic with our Tang Soo Do friends from Kodang Gym in Iserlohn/Germany. The main topic of this course was the new forms that are now part of our repertoire.



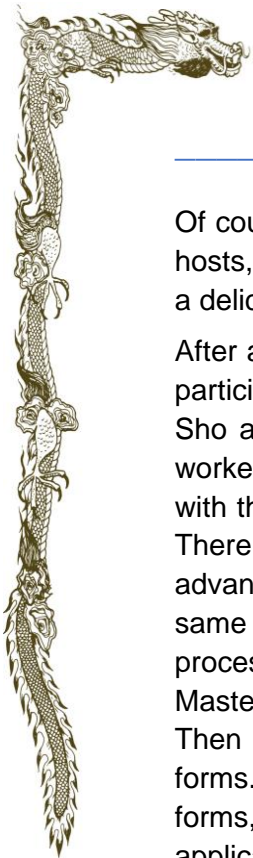
Before we started, Master Trogemann promoted one of the participants to Sam Dan, which he accepted visibly moved. Two other participants were promoted to Cho Dan and are therefore now allowed to join the ranks of the Black Belts.

Sah Bum Nim Klaus Trogemann started the training with the three new Ki Cho forms, which have their origin in Shotokan Karate. These forms resemble the Sae Kye forms in the sequence of movements; only that the kicks are replaced by blocks or punches. When we had worked on these, we moved on to our known forms.

We started with the Sae Kye Hyungs. The nice thing about the Ki Cho Hyungs is that the TSD friends from Iserlohn already know them, so we could learn from them, and conversely, they did not know the Sae Kye Hyungs and could learn them from us, so a win win situation for everyone!

Master Trogemann led the participants further through the training and the TSD forms up to Sip Soo and Naihanchi Cho Dan. New for everyone was the Bassai Sho, the new Bassai form. Master Trogemann taught this form in sections which has a great advantage: only when a student has internalized the first part of the form in the process, the next part will be taught. This prevents a "flooding" of teaching content. As a result, the course participants were able to learn the whole form to such an extent that it can now be practiced as a "homework". After three hours of intensive training, Master Trogemann closed the training day with a small Tai Chi form.





Of course, the day was not over. At the subsequent barbecue, the participants were invited by the hosts, and especially spoiled at their finest by Susanne and Ralf Überländer, So the day ended with a delicious meal and a few cold drinks in a convivial atmosphere.

After a breakfast for the participants who had stayed at Do Jang, program continued Sunday. The participants practiced the Ki Cho and Sae Kye Hyungs first without an instructor and then the Bassai Sho again under the guidance of Master Trogemann. Afterwards, the Bong Hyungs were being worked through. The participants were introduced to the new Bong Hyung Sah Bu. We continued with the knife forms, Dan Gum Hyung.

There are now two forms. The advantage is that this form is almost the same as the new Bassai Sho in the process, so that the mediation by Master Trogemann was not a problem. Then we continued with the sword forms. Master Trogemann showed the forms, as with all others, with the applications of the individual techniques. While working on the Jang Gum Hyungs, Master Trogemann was



also talking about etiquette. He urged to adhere to the rules of courtesy and etiquette, as these are the basics of Tang Soo Do. Finally, after three hours of training, Master Trogemann showed another Tai Chi Form and rounded off the tight program.

A special thanks goes to the hosts from Iserlohn for their exemplary hospitality and Master Trogemann, who, as always, offered an informative and educational event.

Hans Peter Terhorst, Cho Dan, TSD Menzelen/Germany

### **Tang Soo Do is not only Training But So Much More**

That Tang so Do is much more than just training was shown by the really great community we were able to experience once more in our studio at the beginning of September. One of our (adult) Tang Soo Do students celebrated his birthday and invited the whole Tang Soo Do "family" from our studio. Unfortunately, some were on vacation, but the rest were very happy to come and of course we did not miss the time to surprise the birthday child and all the other guests with a small demonstration! My heartfelt thanks to all of you who eagerly put on the show together with me at such short notice and then pulled it off very well and professionally! The applause clearly showed the excitement of the audience!



And of course, THANK YOU Marius for the invitation, we enjoyed the afternoon and evening very much and were happy to meet your family and closest friends. Here we see the birthday boy Marius (in the middle) with his gift from the studio, his own Bong with Marius' engraved name.



But also, the birthday child had a surprise for all: a huge TGTSDA cake - completely edible including the logo!

The great gesture of Marius with the invitation and the special TGTSDA cake, as well as the commitment of all the other Tang Soo Do student to immediately put together a little show, shows this special attitude that we cultivate in Tang Soo Do very impressively. Thanks again to ALL Tang Soo Do students of TSD Zorneding, you live the philosophy of Tang Soo Do perfectly!

Anna Fasold, Cho Dan and Christian Fasold, Sam Dan,  
TSD Zorneding/Germany

### **Join Our TGTSDA Events!**

The TGTSDA hopes that all events and clinics for the rest of 2021 can be held as planned.

There will be Hyungs and Techniques clinics in September and October in Hemishofen/Switzerland and Alpen (NRW)/Germany. In November a Master's and Black Belt clinic will be held in Neufahrn/Germany and a weapons clinic will be held in Königsbrunn/Germany. A special Master's clinic is scheduled for December at Master Trogemann's Dojang in Esting/Germany.



Hyung clinic 2021 in Munich/Solln, Germany

Check out our calendar and information on [www.tgtsda.com](http://www.tgtsda.com).

### **PLEASE NOTE**

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

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

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



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