

EDITORIAL

Ein Rückblick über die Lehrgänge der letzten Monate

Recently, I was asked to share my experiences and observations of the last clinics over the past time. Now that I have been leading clinics in different martial arts for over 50 years, over time you develop your own perspectives on conducting various seminars and clinics.

At the beginning you want to pack as much as possible into the given time. A true firework of presenting one's own knowledge and skills with which one would like to impress the present circle of participants. In the course of time, however, one notices that the participants might be very impressed at the beginning, but unfortunately due to the number of different techniques they do not have sufficient time to learn and practice the presented techniques and series. You therefore go home slightly confused and wonder what you have really learned about the new techniques and what you can take home and permanently internalise? With serious reflection, one comes to the realisation that as often 'less is more'.



What does this mean in consequence? If you teach fewer techniques and let the participants practice enough, they can settle sufficiently and be taken home permanently. In addition, there is more time to correct mistakes that occur during practice through appropriate explanations so that they do not creep in in the first place. At the next clinic you can briefly repeat these newly learned techniques and correct them if necessary. You then have your head free for learning newly introduced techniques that you can internalise in the same way. With this approach, you acquire a large and solid repertoire of techniques over time and progress rapidly on the path of learning your martial arts.

Why, the participant wonders, is it always the regular attendance of clinics, even if you believe over time that it is always the same and why the repetitions? If you take a critical look, you will notice that during a course, the interpretations from student to student, from club to club and from country to country sometimes are significantly different to the originally jointly learned techniques. But this is a general fact. From school and university, it is known how important it is that you have to repeat many things again and again and that corrections are required again and again, so that what you have learned is permanently memorised over the years without major deviations and all practitioners are always together on the same technical level.

There is always the same picture on courses: There are overambitious people who cannot start the next technique fast enough before they have properly grasped and internalised the previous one. Or they practice something completely different without dealing with the actual technique. This procedure is not conducive to serious learning, and it also distracts the others from paying attention. This unfortunate circumstance must always be taken into account in all courses.

It is also important to always ensure a good mood during the course. This promotes increased attention to learning the techniques and forms. It is of great importance that all participants are happy and satisfied with the result of the course and are already looking forward to the next one. Attending clinics is a prerequisite for further developing in martial arts and making lasting progress.

Tang Soo!

Sah Bum Nim Klaus Trogemann



NEWS AND EVENTS

Bem-vindo Moçambique! – Welcome Mozambique!

We welcome our latest addition to the TGTSDA family, Tang Soo Do Mozambique with their country representative, Oh Dan Master Alex Goule.

The three studios joined us in the beginning of 2023. Moztangsoodo is led by Master Alex Goule, Mugabe TSD is led by Sam Dan Benson Goule and Mahotas TSD is led by E Dan Elidio Massuaganhe.

We are looking forward to hearing from you in this newsletter and meeting our old and new TSD friends at one of our next TSD events!

Tang Soo!



Tatjana Schwarz, Publications & Website

Gup Grading in Rottal Inn/Germany

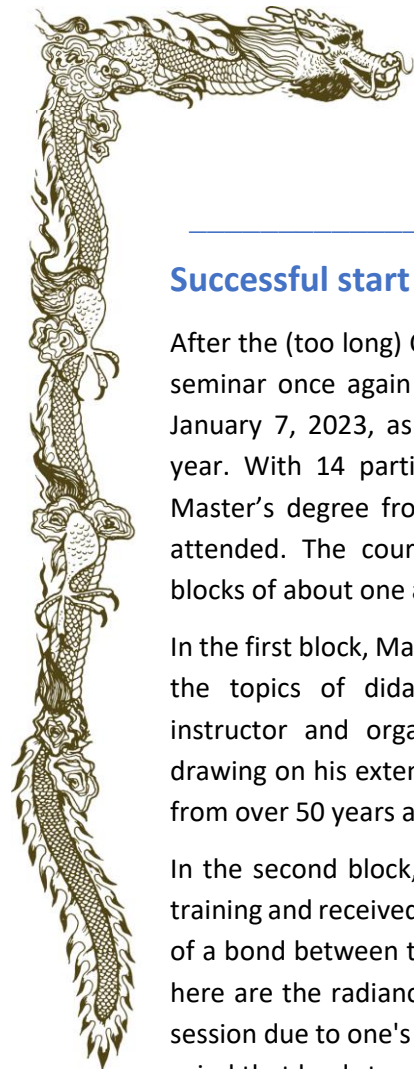
Four weeks before the Christmas holidays started, our studio manager Jo Kandlbinder handed out the invitations for the Gup grading. On Monday, December 19 the time had come. Before the grading started, Jo assigned the tasks to the exam assistants: warming up, basic techniques and assistants. Two students were tested for white with stripes, four students for orange and one student for green with stripes.

After everyone had warmed up and gone through the basic techniques, Jo took over the higher double techniques and the forms. For the student, who tested for green with stripes, there was also a free fight, weapon Hyungs and a breaking test. Each of the examinees showed the required techniques with great zeal. At the end, the theory was queried. Our instructor Manuela asked the young students and often got clever answers. After 90 minutes the exam was over. All examinees successfully passed their exam, and the belts could be awarded.



At the end, the red belts performed the Bassai Hyung for our numerous spectators, which was looked at with great enthusiasm. With a loud "Tang Soo" we said goodbye and went home, the examinees with their new belts.

Pierre Selig, Cho Dan Bo, TSD Rottal Inn, Germany



Successful start of the Events 2023 with the Instructor Seminar

After the (too long) Covid break, the instructor seminar once again took place in Olching on January 7, 2023, as a traditional start of the year. With 14 participants from 4th Gup to Master's degree from four clubs, it was well attended. The course was divided into two blocks of about one and a half hours each.

In the first block, Master Trogemann dealt with the topics of didactics, appearance as an instructor and organisation of the training, drawing on his extensive wealth of experience from over 50 years as a martial arts instructor.



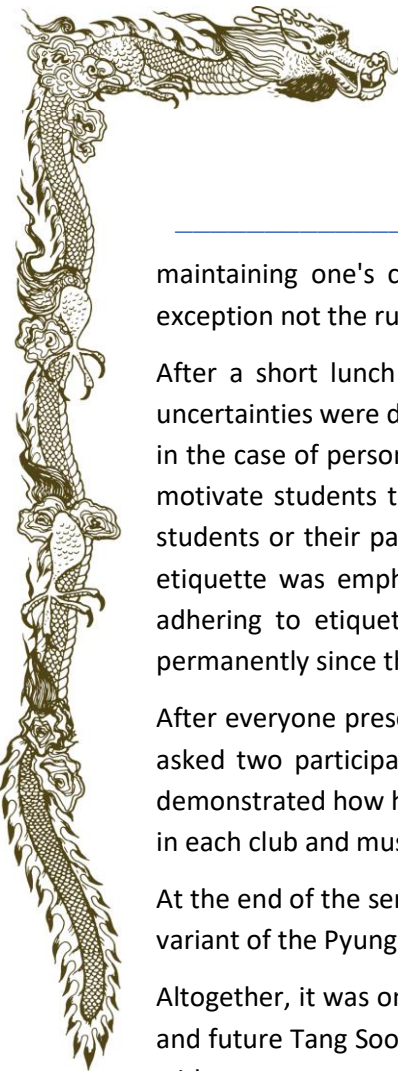
In the second block, the participants had the opportunity to describe their difficulties and experiences in the training and received tips on how to deal with them. Essential for the success of a training session and the creation of a bond between teacher and student is one's own appearance as an instructor. The most important qualities here are the radiance of competence and reliability towards the students. Spontaneously cancelling a practice session due to one's own lack of motivation or due to a small number of participants can and will quickly end in a spiral that leads to members withdrawing from training and 'getting lost'. As a coach, it is often necessary to grit your teeth, put on a positive face for your people and pull through – even for a single student. Also, coaches are just people who can have a bad day. But if you go through with the training, some will have already made the experience that overcoming to keep the training hour anyway has a positive effect on your own mood and the mood during the lesson generally will be lifted.

Making the lesson interesting and instructive for everyone is of particular didactic importance. It is very helpful to go into training with a plan or goal because lack of planning usually leads to the fact that the training is restless and not very targeted. Especially when training children and adolescents, this can result in their concentration and attention diminishing. We have discussed several ways and methods of counteracting this. For example, it does not hurt to have a few sayings or exercises handy and thus lift the mood in the group. In general, the advice was to acquire a certain amount of humour.

In general, experienced instructors should have a plan B ready before the lesson, in order to be able to face situations flexibly and confidently and adapt to the group present. Stubbornly sticking to a scheme and thus over- or under-challenging the group, inevitably leads to the above problems.

Over time, each instructor should also develop a feeling for the well-being of his students. Master Trogemann described that the smallest changes in the behaviour of his students tell him that something must have happened outside the studio, e.g., a bad grade. This enables him to act supportively and motivating. It is particularly important to correctly assess the physical condition of each individual participant and to react accordingly to warning signs such as shortness of breath, glassy gaze or strong change in facial colour.

In addition, Master Trogemann once again urged us to prepare ourselves sensibly and thoroughly for the topics we want to teach. If you do not know or cannot answer something, it is important not to fool your students into believing the opposite, but to stand up openly and say: 'Let me take a quick look'. This contributes significantly to



maintaining one's credibility with the students and not losing their respect. However, this should only be exception not the rule!

After a short lunch break, individual problems of the instructors present were analysed, for example, own uncertainties were discussed. On the one hand, they referred to the appearance towards the students, especially in the case of personality prone to introversion. On the other hand, they answered the question of how best to motivate students to participate in clinics and championships. Different ways of dealing with difficulties with students or their parents were also discussed. In this context, the importance of adhering to our Tang Soo Do etiquette was emphasized several times. From the group came the statement that paying attention to and adhering to etiquette leads by itself to the fact that unrest-causing students usually do not stay with us permanently since they do not tolerate such clear rules of conduct.

After everyone present had the opportunity to address their individual "construction sites", Master Trogemann asked two participants to show how they would teach a Hyung or Il Soo Sik to a beginner. He then briefly demonstrated how he handles this - noting that the circumstances, such as the presence of mirrors, are different in each club and must therefore resort to other methods.

At the end of the seminar, Master Trogemann showed us how to bring variety and fun into training by running a variant of the Pyung Ahn Cho Dan with us, in which a foot technique is performed before each hand technique.

Altogether, it was once more a very informative and instructive day, which is always recommended to all active and future Tang Soo Do teachers. The course made it clear: You are not born a coach. But you can grow into it – with perseverance, willingness to learn, work on yourself and a pinch of humour. And: it is worthwhile taking on this task.

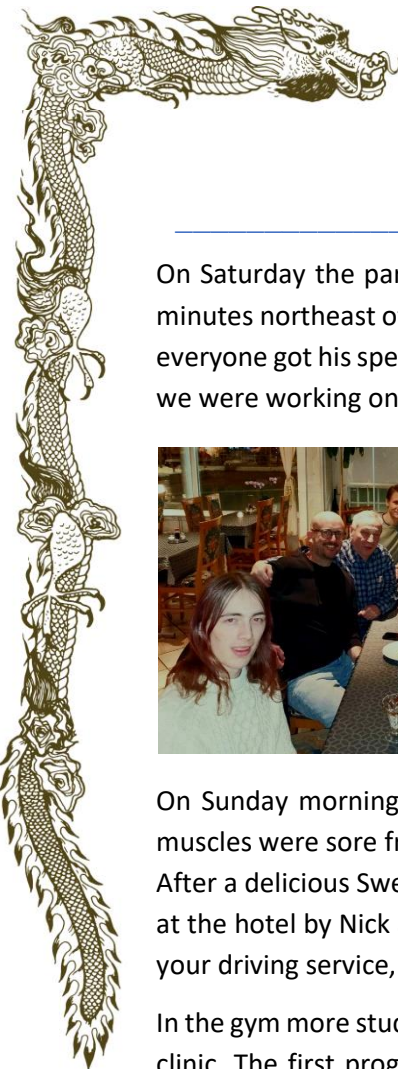
Patrick Zapf, E Dan, TSD Au/Hallertau und Anna Steinmetz, Sam Dan, TSD Leitershofen/Germany

Sweden is Calling!

The first ever clinic organised by Nick Scardigno, Cho Dan and head instructor of Åkersberga TSD in Sweden was on the calendar on March 11 and 12, 2023. Participants from Sweden, Germany, and France gathered to spend two days of exchanging knowledge and celebrating friendship.

Sah Bum Nim Klaus Trogemann leading the clinic, and Master Andy Ewing, coming over from Gothenburg, joined the clinic as well as Sam Dan Alexandre Bernard from France. I was especially happy to be able to also travel to Sweden together with my husband Cade, to meet our friends and former students. I handed over my club Åkersberga TSD to Nick two years ago and I have to say he's doing a fantastic job together with his students!





On Saturday the participants got together in the brand-new sports complex in Åkersberga, which is approx. 20 minutes northeast of Stockholm. Master Trogemann was simultaneously teaching Black Belts and colour belts, so everyone got his special attention and benefited from Master Trogemann's enormous knowledge. For three hours we were working on forms, improving stances and techniques.



In the evening we enjoyed a fantastic Chinese dinner where we reviewed the day talking about the numerous things we had learned, practiced and improved in the afternoon but also exchanged the latest news from Germany, France and Sweden. Lots of laughter, great food and wonderful people – it is so nice to see teenagers and adults getting along so well. I think this is one of the most important goals and my favourite part of the clinics.

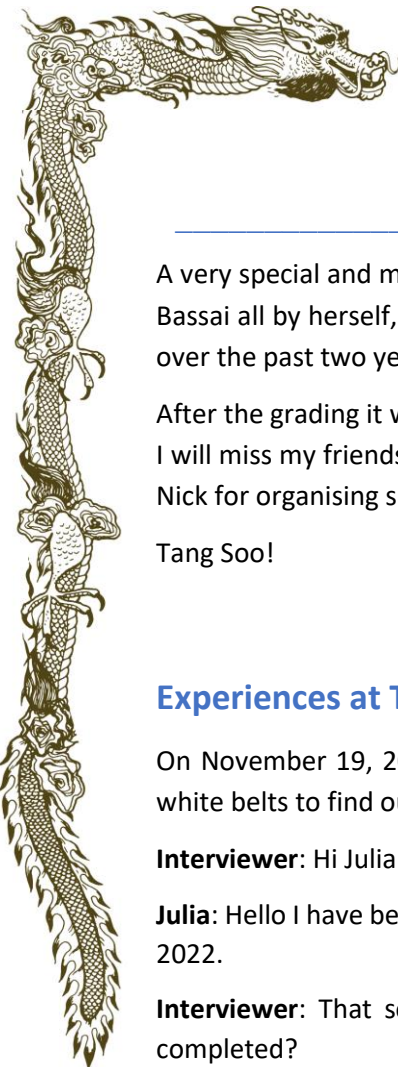
On Sunday morning it wasn't easy for everyone to get up since muscles were sore from the day before. But: No Retreat in Battle! After a delicious Swedish breakfast we were picked up once again at the hotel by Nick and his student Peter. Thank you so much for your driving service, it was much appreciated!

In the gym more students, especially also younger ones, joined the clinic. The first program topic of the day was practicing weapon Hyungs, starting with the bong. While the Black Belts switched to the dagger and later to the sword, the lower belts practiced self-defence with the bong. I have to say, I admire Master Trogemann for switching so effortlessly between the groups and topics. He never seems to lose track and almost every time has an answer to all kinds of questions from the participants.



Also, our youngest participants, the Samurang Kids, got their money's worth. They were taken care of by Cade and had fun with all kinds of TSD exercises.

The highlight for the Åkersberga TSD members was to take place in the afternoon where they were grading in front of a first-class board. Master Trogemann was supervising the grading and Master Ewing, Alexandre and Nick built the board. Therefore, it was understandable that some of the examinees were really nervous. I had the honour to conduct the grading and I can tell you, I was at least as nervous as the students. The grading followed the traditional procedure: warm-up, Hyungs, Il Soo Sik and Ho Sin Sul, sparring and breaking.



A very special and moving moment for me was when River, who was my very first student back then, performed Bassai all by herself, and she did so well! I was so proud of my former students to see how they have developed over the past two years under the guidance of Nick, and so it wasn't a surprise that all the examinees passed.

After the grading it was time to say goodbye to everyone and head to the airport. My heart got a little heavy and I will miss my friends in Sweden but there will be for sure a next time soon! Thanks again and congratulations to Nick for organising such a memorable event. What an awesome weekend it has been!

Tang Soo!

Tatjana Schwarz, Sam Dan, Bulsajo TSD/Germany

Experiences at Tang Soo Do Menzelen, Germany

On November 19, 2022, a technical clinic took place in Menzelen. Here an interview was conducted with two white belts to find out what experiences they have made at Tang Soo Do Menzelen.

Interviewer: Hi Julia. Tell me how long have you been training Tang Soo Do?

Julia: Hello I have been at TSD Menzelen since mid-2018 and successfully passed the exam for the 9th Gup in May 2022.

Interviewer: That sounds like you already have a lot of experience. How many seminars have you already completed?

Julia: For me it was the third clinic so far, 2019, 2021 and 2022. Well, and experience... we just had to take a long break because of corona, where we could not train properly. And some things have failed, such as the 2020 clinic.

Interviewer: Keyword Corona, Frank, I already know from you that you have only been with the TSD since 2020. How did you survive the corona times?

Frank: Well, I had to start from scratch about three times, if you look at it exactly. Some of us practiced via "Zoom" – so via online video conference - which was not my thing. If the infection situation allowed it, we were able to meet, of course at a distance, in gardens of different members and trained there. But for me it had been quite a bit of work.

Interviewer: How does such a training actually work? So how do I have to imagine that?

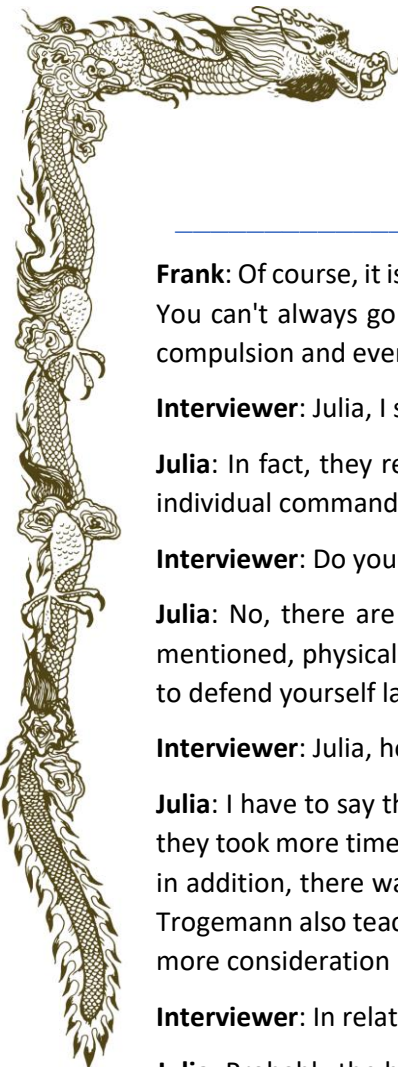
Frank: We have classes twice a week and it usually starts quite relaxed with warm-up, then we open the class, then we do forms, and hand-, foot and self-defence techniques are practiced. Also, depending on our ability, we are arranged in groups, where we then train purposefully. At the moment we are practicing more for the 8th Gup, so, for the next exam, where we always prefer to take our time. Better to take a step back than skip one.

Interviewer: But that sounds more like you're not so convinced?

Frank: I am convinced, but one should not reach for the stars. As my Master says, "If you do something wrong, do it really wrong, but with pride."

Interviewer: Ok, and how do you do that with your work, because you have to practice constantly to not unlearn anything?

Julia: Yes, I am currently doing my apprenticeship in a social profession. Of course, it is not always easy, and you try to participate in the training days.



Frank: Of course, it is respected if you don't show up for training, even if, like me, you work in a three-shift system. You can't always go to training. But you're also welcome to come to training before your night shift. It's not a compulsion and everyone has different needs. Everyone has family, friends and other obligations somewhere.

Interviewer: Julia, I see you have hearing aids. Don't they hinder training?

Julia: In fact, they really hinder me, especially when I'm sweating heavily. It is also harder for me to follow the individual commands.

Interviewer: Do you feel rather disadvantaged, also in terms of prejudices?

Julia: No, there are no prejudices at TSD. You are taken as you are. Also, no matter what age or, as already mentioned, physical performance is secondary. You train to keep fit and to get better athletically and to be able to defend yourself later.

Interviewer: Julia, how did you find the clinic, what impressions and experiences were you able to gain?

Julia: I have to say that I found the course of 2019 the best, not only because it was my first course, but because they took more time for the lower ranks (white belts). The clinic in 2022 was very much dominated by black belts, in addition, there was very little space in the hall. I would also have liked it more in this clinic that Sah Bum Nim Trogemann also teaches the colour belts or passes on his experience to them, as he already did in 2019. Also, that more consideration is given to the skills of the individual.

Interviewer: In relation to the course, how do you find the trappings, i.e., if you are not training in the hall?

Julia: Probably the biggest highlight after the clinic is eating out on Saturday evenings. You sit together and meet new people.

Frank: I think that the camaraderie and the family feeling are very characteristic. We have a hobby, that's the martial art of TSD and actually it seems to me as if you are something special as colour belt among all the black belts.

Interviewer: Frank, can you be more specific??

Frank: I remember one experience at the last clinic in particular, and that was when a Dan holder from France just approached me and we started talking in English. I mean, that's what I like about it: Even as a "little" 9th Gup you are asked by a Dan holder, whom you have never seen before, how long you have been there, where you come from, etc. You simply belong.

Interviewer: Julia, what would you wish for the future and where do you see yourself in TSD in five years?

Julia: Where I see myself... Well, I can't answer that at all. I think time will tell.

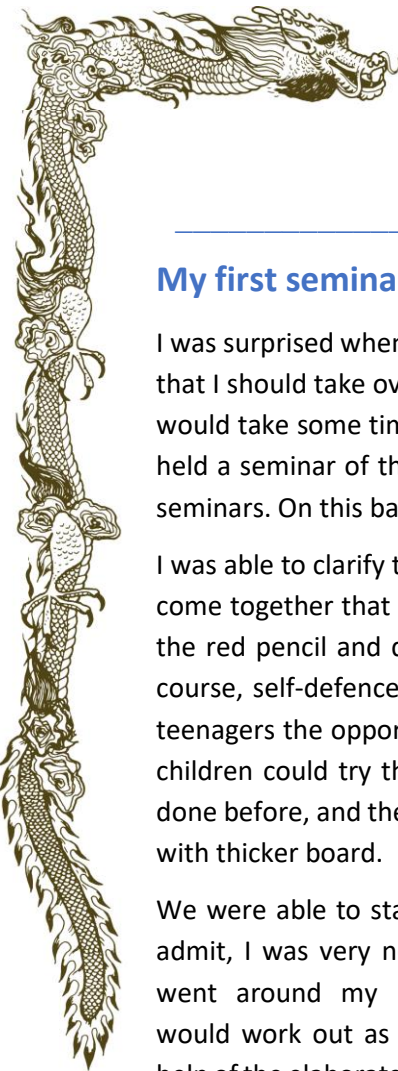
Interviewer: And Frank, what are your wishes and where do you see yourself?

Frank: Phew, what a question...! Maybe green belt, that would be cool, but as I said, don't reach for the stars. For me, the sport and cohesion are more in the foreground. But I still have one wish... that more colour belts participate in the clinic.

Interviewer: These are some great impressions, thank you for this conversation, how do they say in TSD? Good luck?

Julia, Frank: 1, 2, 3 Tang Soo!

Frank Hohmann, Julia Czora, 9. Gup, TSD Menzelen, Germany



My first seminar "Children and Youth Seminar in Neufahrn"

I was surprised when I learned that Jo Kandlbinder could not lead the "Children and Youth Seminar" this year and that I should take over the leadership instead. I had just recently passed my exam for the 3rd Dan and believed it would take some time before I was allowed to lead a seminar. It was a challenge, because until now I had never held a seminar of this size for the association. To support me, Jo provided me with his elaborations of the last seminars. On this basis, I began, together with Leo and Florian, the preparations for the seminar.

I was able to clarify the hall reservation with the TSV-Neufahrn. In the first collection of ideas so many things had come together that we probably would have needed a 9-hour seminar. Therefore, unfortunately, we had to set the red pencil and delete some things. The result was a program with focus on hand/foot techniques and, of course, self-defence. As an additional highlight, at the end of the course, we wanted to give the children and teenagers the opportunity to try a breaking test. I got thinner boards than we use in normal exams, so that the children could try things they might never have done before, and they wouldn't have dared to do with thicker board.

We were able to start punctually at 10:00 am. I admit, I was very nervous and lots of thoughts went around my head, hopefully everything would work out as we had imagined. With the help of the elaborated script and with the support of the instructors and supervisors who joined, we started the seminar. 29 children were there, which made me very happy. Even though I felt the pressure at this point, I was happy to get started.



Before we could start with the techniques, we had to warm up. I have learned over the years that this is handled very differently in the different studios, and the intensity of the exercises is very different. My concern that I might

overwhelm someone did not materialise, almost everyone went along well. I think it was also fun.



We started with hand techniques, "Quick Hit" I had named them. The techniques should be executed precisely, but still very quickly. I wanted to convey what methods are necessary to achieve this. In the practical exercise, I could see that many already had a very good approach. We tried to get a little more out of the student's potential. Piece by piece, we went through the individual techniques. At the end of the first part, an attempt was made to implement what had just been learned in a game.

During the break, I had the opportunity for short consultations and a quick exchange of views. Again, great ideas were heard, and I would like to implement some of them in the future.

After the break we continued with the foot techniques, the title: "Fancy Kicks"! For this I provided myself with a few additional tools and invited an extra "guest". The chair is a tool that, in my opinion, brings our kicks to a very good level. At the "Silent Helper", the individual processes and positions could be shown precisely in one kick. The



exercise with the string is also one that helps to perform the block kicks cleanly. Unfortunately, I ran out of time, I would have liked to do more foot combinations. The completion of the foot techniques should be the game with the balloons and that has taken longer for some participants.

Self-defence is a very important topic for us, we know that this is why many come to us for training. It is also very important to many parents that we have it in our

program. I talked to the children about, what is self-defence, why is self-defence important, who can help us, etc. After the theory, we started with the practice. Technique number 1 to 5 was, for most, not an issue. After the 5 basic exercises it went to no.10, the sweatbox. I hope that some of the tips will be helpful in the future. One of the classic exercises that cause anxiety, is no. 9. Not the "choking" from behind and the theoretical sequence are the problem with this exercise, the challenge, and the obstacle for many is to go to the ground with the partner. I noticed that this exercise on our soft swinging floor was a challenge for some participants. Even if we black belts do not do no. 30 so often, I really wanted to show it to give the children and young people an outlook on where self-defence techniques are still going. Unfortunately, there was not enough time to practice.

At the end of the course, the breaking boards were unpacked. I hoped that we would get as many spectacular attempts as possible and tons of beaming faces. The bravest were allowed to start. A few children would have preferred to try it alone in a quiet corner, instead of right in front of an audience. I've seen some interesting stuff. It was important to me that nobody got hurt. Fortunately, almost all boards broke spectacularly, proving that our techniques work. As a souvenir, all participating children received a trophy and were allowed to take home their smashed board.



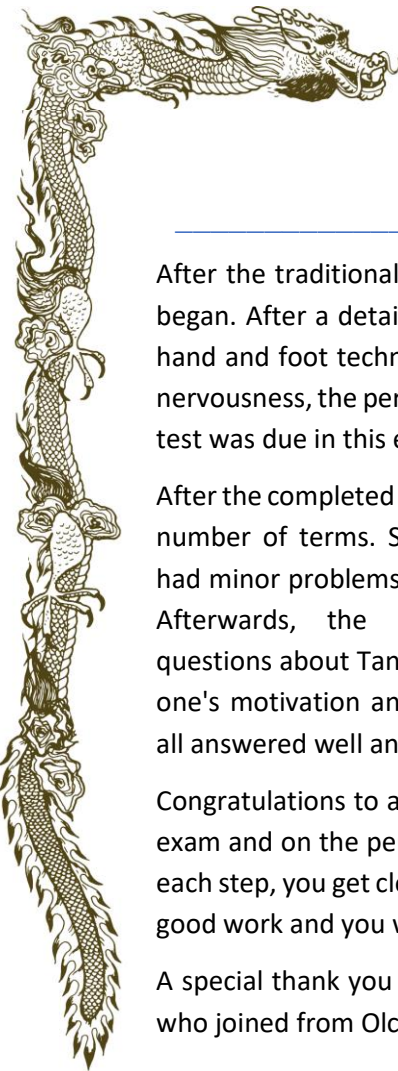
After the course we went to the bistro at the Neufahrn swimming pool. There you could strengthen yourself after the strenuous seminar and talk.

I hope you enjoyed the seminar, and it was just as exciting for you as it was for me. Thank you all!

Alex Schmid, Sam Dan, TSD Neufahrn/Germany

Gup Grading in Neufahrn/Germany

On Saturday, March 11, 2023, a grading took place in Neufahrn from 10a.m. to 1p.m. with a total of 22 examinees up to and including the 6th Gup. This was held as a cooperation of the clubs in Neufahrn, Au and Leitershofen. Before the start, the participants had enough time to get to know each other, to make contacts, and to overcome their nervousness.



After the traditional greeting and some opening and motivating words, the testing of the first of three groups began. After a detailed warm-up, our gymnast Florian Decker led the examinees through the required tasks of hand and foot techniques, Hyungs as well as Il Soo Sik and Ho Sin Sul and free fight. Despite the existing exam nervousness, the performances shown were very appealing. For the two candidates for 6th Gup their first breaking test was due in this exam, which both mastered excellently.

After the completed practical part, the theoretical part was still due. All examinees were able to name the required number of terms. Some found it easier, others had minor problems, but were not irritated by it. Afterwards, the examination board asked questions about Tang Soo Do etiquette as well as one's motivation and goals. The questions were all answered well and satisfactorily.



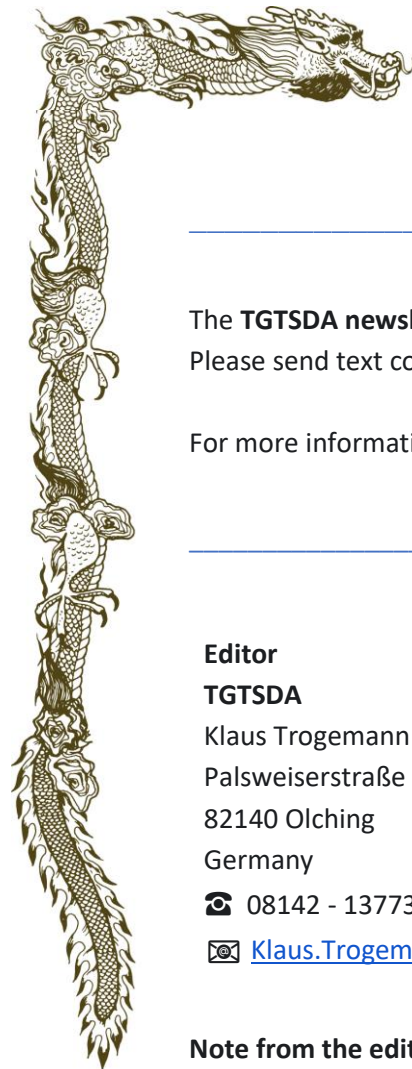
Congratulations to all participants on passing the exam and on the performance you showed. With each step, you get closer to your goal. Keep up the good work and you will achieve it!

A special thank you goes to Sönke von Heymann who joined from Olching as an examiner.

Patrick Zapf, E Dan, TSD Au/Hallertau/Germany

Happy Easter
to all our members and their families!





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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