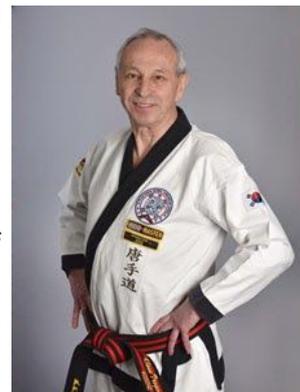


## EDITORIAL

### How Important Is Patience and Perseverance in the Time of Corona?

Great old philosophers have pondered over the meaning of patience and perseverance. We all experience for the first time what a pandemic means, and the bearing and grave consequences it has on our everyday life. No one would have seriously put any thought in what a pandemic would mean to oneself. As long as something is far enough away it does not touch oneself. And now we are all permanently confronted with the impact and the restrictions in everyday life that come with it. You can consider yourself lucky if your health or your professional career has not been affected yet. Economical loss ranges from “just” having a reduced income to not having any income at all, and the loss of savings, saved over many years. Existences are at stake and many employees have been laid off.



Governments of the countries try to get the effects under control and support people and businesses financially but for many freelancers and self-employed as well as business owners it's about bare existence, and state support also does not apply to everyone.

It is also clear that there is a certain amount of ignorants and deniers that do not want to acknowledge the seriousness of the situation. Governments are putting all efforts in to deal with the existing threat the best way possible, and we have to accept the limits of hospitals and nursing homes and try not to contribute to the aggravation of the situation.

Like everyone else Tang Soo Do studio owners and practitioners have to deal with the effects of the lockdowns. As long as the vaccines are not available for a large number of people, the current situation, including our Tang Soo Do training, will not change. This requires patience and perseverance, which are important virtues helping us to continue with our personal training. Every practitioner to whom Tang Soo Do is precious, is able to motivate themselves to organise their own TSD practice according to space and time.

Assuming realistically, we might be able to travel again in the second half of 2021 and get together for regular Tang Soo Do classes. So clinics, gradings and promotions will have been postponed for approximately 15 month. But honestly, what is 15 month in a martial arts life? Nothing! I have been doing martial arts for over 55 years. Postponed is not abandoned! In a seriously practiced martial art, perseverance along with patience is key. Good things are worth waiting for.

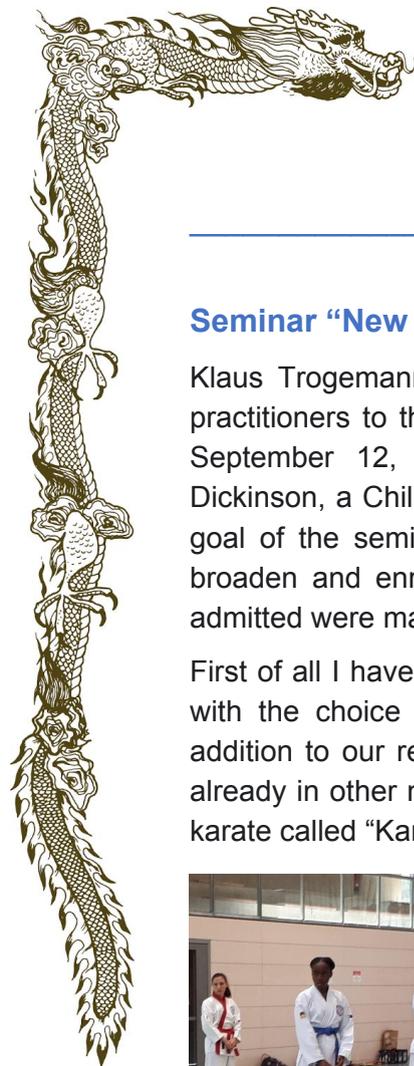
Of course we would like to speed up organisational issues within the TGTSDA, but we cannot make things happen if we are not able to. On the other hand we could advance a lot of things for the success of the TGTSDA, which maybe would not have happened that fast. And instead of complaining about the loss of time, let us look forward to the bright future of the TGTSDA!

A note at the end: In the several years taking transition phase mostly the old requirements will be applied for gradings until everyone is able to fulfill the new ones.

Due to Corona restrictions, the annual meeting will be held online, to give all our member countries the possibility to stay up to date. As soon as it is possible in the new year we will successively arrange dates for clinics and seminars. The new forms and techniques will be around for a while!

Please, stay healthy, respect the restrictions and do not risk anything!

Sah Bum Nim Klaus Togemann, Germany



## **NEWS AND EVENTS**

### **Seminar “New Weapons and Weapon Forms” in Solln/Germany**

Klaus Trogemann, Chil Dan and International Senior Master, has invited practitioners to the TSD seminar “New Weapons and Weapon Forms” on September 12, 2020 to Solln/Munich in Germany. In addition John Dickinson, a Chil Dan Master of TSD-IMA/USA joined as an instructor. The goal of the seminar was to introduce some of the new forms which will broaden and enrich our spectrum of forms in the future. As participants admitted were masters, Dan holders and Cho Dan Bos.



First of all I have to say that in my opinion, Master Trogemann hit the mark with the choice of the new forms. Every single one of them is a great addition to our repertoire! The introduced forms are very traditional, some of them are practiced already in other martial arts styles. One of them is the Kong Sang Koon Sho which is in Shotokan karate called “Kanku Sho”; it is a very popular tournament form in this style.



The participants were divided into two groups. Master Dickinson taught the new forms Bassai Sho, Kung Sang Koon Sho and Ji'in, as well as Dan Gum Ih Bu. He did that in an utterly precise and understandable way. Details and important characteristics were shown and practiced. In the other group the participants had the pleasure to work on Wankan, Bong Hyung Sah Bu and Jang Gum Hyung Sam Bu. Besides the uniformity of the sequences, Master Trogemann also focused on the different typical attributes of each form. After three hours of the intense presentation of the new forms a certain “overload” was unavoidable for everyone.

It is a special event to be allowed to be present at the presentation of the new forms. Thank you Master Trogemann and Master Dickinson for the competent and successful presentation of the new forms.

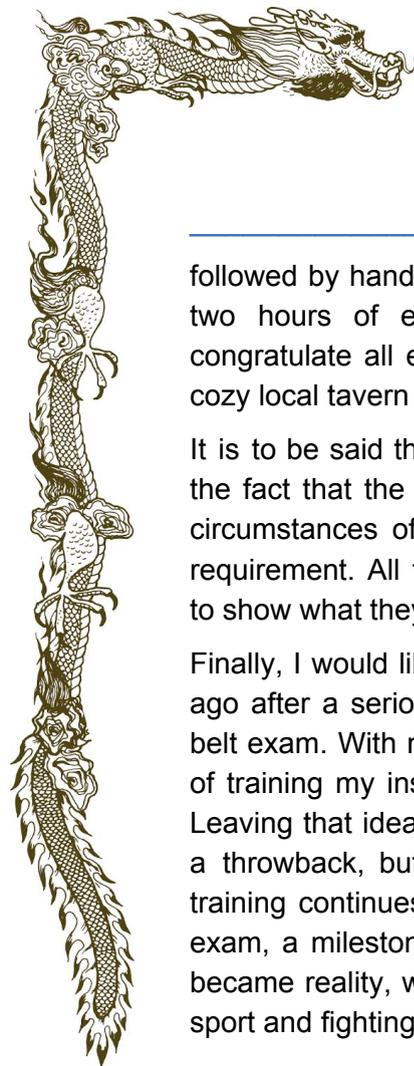
Peter Fuchs, Sam Dan, TSD Esting, Germany

### **Dan exams September 12, 2020 in Solln/Munich**

This year the Dan grading took place in the large sports hall in Munich/Solln and not as usual, in the studio of Senior Master Klaus Trogemann in Esting. This fact was due to the ongoing corona pandemic. Candidates for Cho Dan Bo, first, second, and third Dan were tested, divided into two groups. The first group consisted of Cho Dan Bo and 1st Dan candidates, whereas the second group held candidates for 2nd and 3rd Dan.

In the board the examiners were Master Gerold Engenhorst, 4th Dan (Germany), Master Stefan Peters, 4th Dan (Switzerland), Master Christian Preiss, 4th Dan (Switzerland), Senior Master John Dickinson, 7th Dan (USA) and Senior Master Klaus Trogemann, 7th Dan (Germany).

At 2 p.m., after the opening of the exam class and a brief address by Senior Master Klaus Trogemann, the exam began. After a short but vigorous warm-up and calling up the one- and two-step techniques, the examination tasks consisted of forms and weapon forms. This was



followed by hand-, foot- and self-defense techniques, and, eventually a breaking test. After almost two hours of examination time per group, Senior Master Klaus Trogemann was able to congratulate all examinees on passing the examination. Finishing the day with a trip towards the cozy local tavern should not have been missed.

It is to be said that the examinees, including myself, and all the other people involved really liked the fact that the examination took place in the sports hall in Solln. This is not just for the special circumstances of a pandemic. The organisation was great, and the spacious hall fulfilled every requirement. All the examinees were able to move freely without restriction, even with the bongs, to show what they are capable of doing. The whole test went great!

Finally, I would like to give a little insight about myself. When I started Tang Soo Do twelve years ago after a serious illness, I would never have believed that one day I was going to take a black belt exam. With my given physical state back then that seemed impossible. But after about a year of training my instructors assured me that if I would stick to training, I might eventually make it. Leaving that idea in disbelief, more setbacks in health followed in the upcoming years. These were a throwback, but Tang Soo Do gave some serious positive input to master the situation. The training continues and lo and behold - the instructors were right, I have now passed the 1st Dan exam, a milestone once seemingly unreachable. Thanks to my instructors and some hard work it became reality, which I am grateful for. Heavily grateful, because it shows Tang Soo Do is not only sport and fighting. It is also about health, well-being, flexibility. And a lot of friendship.

Hans Peter Terhorst, Cho Dan Bo, TSD Menzelen, Germany



### **Impressions of the Dan Grading**

On September 12, 2020 the TGTSDA held its very first Black Belt test in the gym of the TSV Solln near Munich/Germany. Before the grading Master Trogemann and Master Dickinson introduced the new forms during a three hour clinic with 26 participants, whereof 17 were tested afterwards. The participants came from the USA, Germany, France and Switzerland.

The Dan test started after the lunch break with Master Trogemann addressing the testees, informing them about new regulations and the values of the TGTSDA. The first group, Cho Dan Bos and Cho Dans, started with warm-up, and then hand- and foot techniques, and combinations followed by forms and bong forms. After that we paired up and showed the one-steps. In a rotating system we then did three rounds of sparring and finally the breaking. The second group (E Dans and Sam Dans) had approximately the same sequence, and we finished the test around 5 pm.

The passed test was celebrated in the restaurant next door.



This was the first Dan grading that took place under a pandemic but due to the size of the gym, it was not a problem to follow the rules and recommendations such as keeping sundance, wash your hands and wear a mask. The atmosphere was, despite all regulations, easy and pleasant. In my opinion the Dan test was very nice and successful.

Rafaela Ndogmo, Cho Dan, TSD Esting, Germany

### **Summer Camp in Hemishofen/Switzerland**

The Tang Soo Do summer camp in Hemishofen/Switzerland from September 18 - September 20 was a great success. No matter if you were a white belt or a black belt, everyone could take home something and correct mistakes that might have sneaked in over time.

Under the leadership of Master Klaus Trogemann we had educational training on Friday and Saturday. Questions and explanations were not only given by Master Trogemann but also shown if necessary. To the rhythm of the drum we did the Sae Kye Hyungs and for 20 minutes Pyung Ahn E Dan, and thanks to Master John Dickinson we also learned the three Ki Cho Hyungs.

Under the guidance of Master Trogemann we were practicing evasive exercises and sparring techniques and their applications. The division in height and belt colour made it easier for us to learn each of the techniques. Master Dickinson helped us to understand the handling of the bong, by teaching us how to turn with the bong and how to use the techniques that we practiced before in the bong hyungs. He also showed us some movements of the Tai Chi forms.

On Saturday afternoon we went to Radolfzell and had a nice walk at the close by Lake Constance.

Master Dickinson took over the training on Sunday, where we learned different self-defence techniques to defend ourselves against taller or stronger opponents. The different applications were not only of interest for the grown ups but also the small children found it very interesting. Not only was it a lot of fun practicing the techniques but also the feeling of security on the street could be increased.

We would like to thank the Hotel Bolderhof for their hospitality. We would also like to thank Master Trogemann, Master Dickinson, Master Peters and Master Preiss for leading and supporting the clinic.

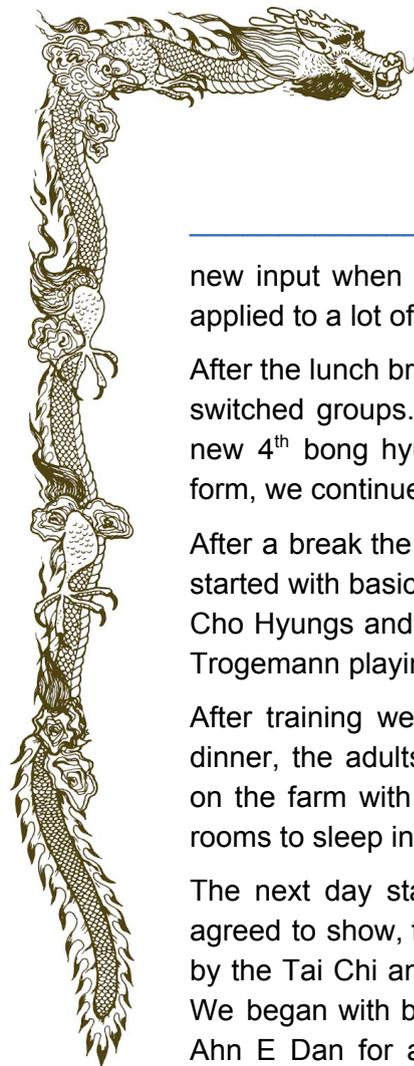
Tang Soo!

Joanna Kaps, 8th Gup, TSD Au-Hallertau, Germany

### **Summer Camp in Hemishofen September 18 - 20, 2020**

On Friday morning we arrived in Hemishofen and got ready for the first training session. Actually, the plan would have been to have a group of blackbelt students from both Switzerland and Germany present for this advanced training but unfortunately a lot could not attend for various reasons. This was quite a pity as it was very informative, and one could learn a lot.

On the other hand, like this we had kind of private lessons with Master Trogemann and Master Dickinson from Brazil as we were only three people and could profit all the more from it. We were divided into two groups; one group learnt the new form "Bassai Sho" under the guidance of Master Dickinson during the training in the morning. It was the first time we learnt this new form as it has just recently been added to the new curriculum. During the form Master Dickinson gave a lot of



new input when asked. Input that made us think about it even after the training and that can be applied to a lot of things in Tang Soo Do not only this specific form.

After the lunch break, where we ate a platter with typical Swiss food, the training continued, and we switched groups. This time the subject was two new weapon forms. First we started learning the new 4<sup>th</sup> bong hyung under the instruction of Master Trogemann. As soon as we had learnt this form, we continued with the new 3<sup>rd</sup> sword form.

After a break the training continued. Now also the gup belts had arrived and joined the training. We started with basic techniques and combinations. Then we performed the hyungs starting with the Ki Cho Hyungs and ending with Bassai Sho. It is always a highlight to perform the forms with Master Trogemann playing his beautiful drum to set the pace.

After training we were quite hungry and enjoyed a spaghetti feast at the hotel Bolderhof. After dinner, the adults enjoyed themselves talking and socialising while the kids loved to race around on the farm with the go-carts or let their energy out on the trampoline. For the night there were rooms to sleep in but some of us preferred to sleep in the straw.

The next day started with energising ourselves before breakfast with Tai Chi. Master Dickinson agreed to show, for those who were interested, the 24 form from the Yang Style Tai Chi. Energised by the Tai Chi and strengthened by a breakfast buffet we started the three hours training session. We began with basic techniques to warm up, followed by some forms. We also performed Pyung Ahn E Dan for a quarter of an hour without cessation while the drumbeat helped to get into a meditative condition. Later we did some partner techniques with the bongs.

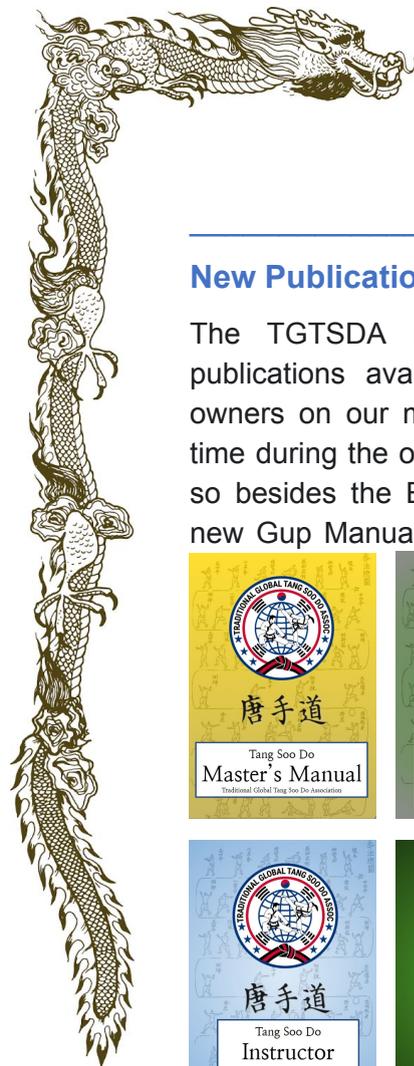
After a break Master Trogemann showed us some cool sparring moves until lunch time. By then we were quite tired, but we had enjoyed the training very much. Unfortunately, Master Trogemann and his wife had to leave us in the afternoon but Master Dickinson kindly agreed to take over the training the next day. In the afternoon we had the time off and a lot of us went to Radolfzell to eat delicious ice cream and walk along the shore of the Lake Constance. When we returned, dinner was already on the grill and we had a lovely evening talking and the kids enjoyed playing outside.



The next morning started with Tai Chi again and another set of training until lunchtime. This time the theme was Il Soo Sik Dae Ryun and self-defence techniques. Master Dickinson also showed some techniques that can be used at school if necessary, as there were a lot of younger kids present in the training. Also, the parents that were only observing the training up till then had to or were allowed to (whatever

way you want to look at it) join for some self-defence techniques. After the training had finished, we said goodbye as the cool and very informative summer camp was over.

Leanna Schoch, Sam Dan, TSD Hinwil, Switzerland

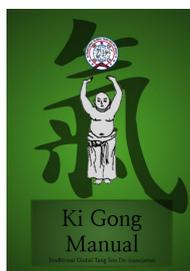


### New Publications and TGTSDA Items Available

The TGTSDA is happy to announce that there are new publications available for our students, instructors and studio owners on our management software ChungShin. We used the time during the ongoing pandemic to finish some important work, so besides the Beginner's Booklet we were able to publish the new Gup Manual and the Samurang Kids Booklet in November,



followed by the Dan Manual in December. All publications are still subject to changes but they can already be used for teaching and learning purposes.



Currently we are diligently working on more booklets and manuals such as the Championship Rules, a Guideline for Instructors, a Master's Manual and a Ki Gong Manual. We keep you posted on release dates.

Furthermore there are new TGTSDA items in planning or already available. Dan Gums (daggers) and Jang Gums (swords) made in Korea can be ordered soon as well as ties and scarfs, and our championship medals are being worked on. Dress patches for Black Belts, Dan and Master Instructor patches and judge patches (corner and centre) are already available and can be ordered at headquarters.

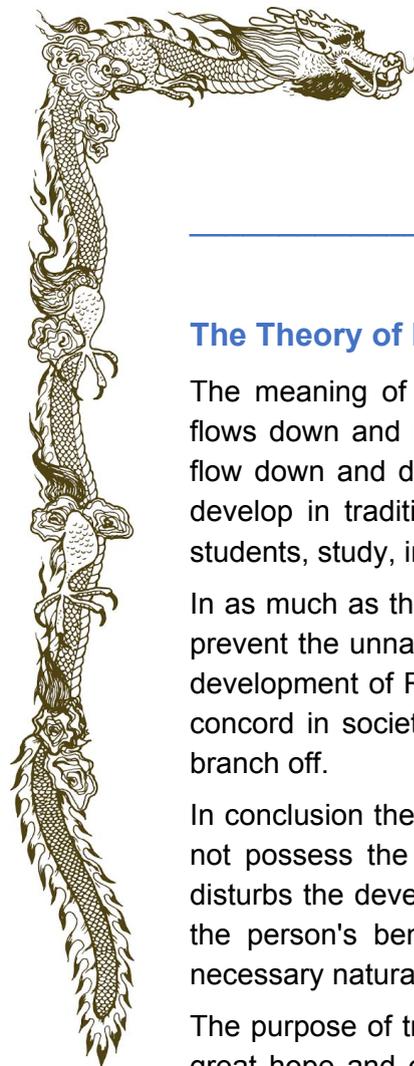
Thank you to everyone who has contributed to the manuals and booklets and to all the people putting in all effort to make the TGTSDA items look great!



Tatjana Schwarz, E Dan, Åkersberga TSD, Sweden

### Annual Meeting of the TGTSDA

On Saturday, December 12, 2020 the informative annual meeting with board members, country representatives and extended board members will be held online. The participants will have the opportunity to report about the current situation in their countries and board members will inform about the progress of the TGTSDA.



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## MASTER'S NOTE

### The Theory of Ryu Pa (Style)

The meaning of style (Ryu Pa) is "water flows down divided. Translated it means that the river flows down and into other branches according to a natural condition. It says that certain systems flow down and divide according to natural conditions in our society. It is necessary for the arts to develop in tradition of Ryu Pa This occurs because instructors preserve their art through their students, study, instruction, and training which centres around the forms (Hyungs) of the art.

In as much as there is no way to stop the occurrence of Ryu Pa under natural conditions, we try to prevent the unnatural and intentional occurrence of Ryu Pa we try to contribute to the constructive development of Ryu Pa after we understand completely the meaning of it.in order to help maintain concord in society we have to call attention to the conscientious self-discipline for the styles the branch off.

In conclusion there are many necessary occurrences of Ryu Pa under natural conditions man does not possess the power to stop this process. However, it should be understood that if someone disturbs the development of another's Ryu Pa, This fabricated division between Ryu Pa is for only the person's benefit. The occurrence of Ryu Pa should not be an intentional division, but a necessary natural occurrence.

The purpose of training should be the enhancement of mental and physical self. It is good to have great hope and expectations when you start but do not be overly ambitious. If you think that you would be good at Tang Soo Do after two or three months of training, you will be disappointed before the end of the first month. It is not reasonable to expect more than you can achieve.

*Nothing is achieved easily.*

If it was easy it would not have any value. Try to pass for the first gate of training with an open mind.

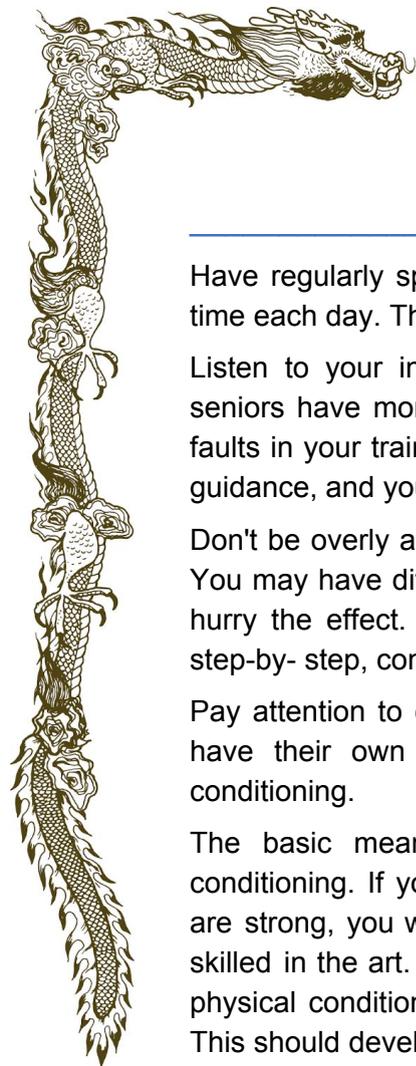
Sincerity is necessary. There is a saying from olden times "sincerity moves heaven" you can do anything if you have sincerity.

Effort is necessary. If a diamond is not polished it will not be unable to show the great lustre of the diamond itself. Even though we say that the martial arts are good, we cannot show the great value of the art if we do not practice it with effort. So only effort will enable us to reach our purpose.

Consistent schedule during practice. You should have purpose, hope and courage continuously, As you had in the beginning, until you have reached your goal. If you do, you will achieve the desired end results. There will always be some unknown difficulties and it will require courage to practice and to overcome. Acting the fool and playing up to your friends is not a demonstration of true courage.

It is necessary to train in the basic spirit of Tang Soo Do. To know the true spirit of this art one was training constantly combining knowledge with training systems and methods. It will help to have order in your life and to develop oneself in training.

Do your best whilst training. you cannot develop your full ability in techniques, and you will lack in physical development if you are lazy and do not exercise hard while you train.



Have regularly spaced practice sessions, you will have good results if you practice at the regular time each day. This kind of habit will bring good results and will help in other aspects of your life.

Listen to your instructors and seniors without question. Look and learn. Your instructors and seniors have more experience in both technique and theory, so will be helpful to recognise your faults in your training. You do not know your own faults. You develop good skills under a senior's guidance, and you can correct your faults quickly. This is an important factor in improving yourself.

Don't be overly ambitious. Effective skill will come to you naturally if efforts are made with sincerity. You may have difficulty with your physical conditioning if you practice unreasonably hard and try to hurry the effect. If so, you will not achieve the desired goal. Therefore, it is good to advance step-by- step, consistently.

Pay attention to every aspect of your training. As everyone has a different face so everyone will have their own special abilities, according to the method and level of training or physical conditioning.

The basic meaning of martial arts is the development of complete mental and physical conditioning. If you practice only in hand techniques because you feel that your hand techniques are strong, you will be ineffective. You must work on all aspects of the mind and body to be truly skilled in the art. It is unreasonable to discover and develop special techniques according to your physical condition and personal abilities while you practice. However, this is not for the beginner. This should develop after you have reached a certain level.

Pay attention to the order of training. In training there are some techniques which are easy and some that are hard. You should start with the easy ones and progress to the hard ones, and from simple to complex in the order of training.

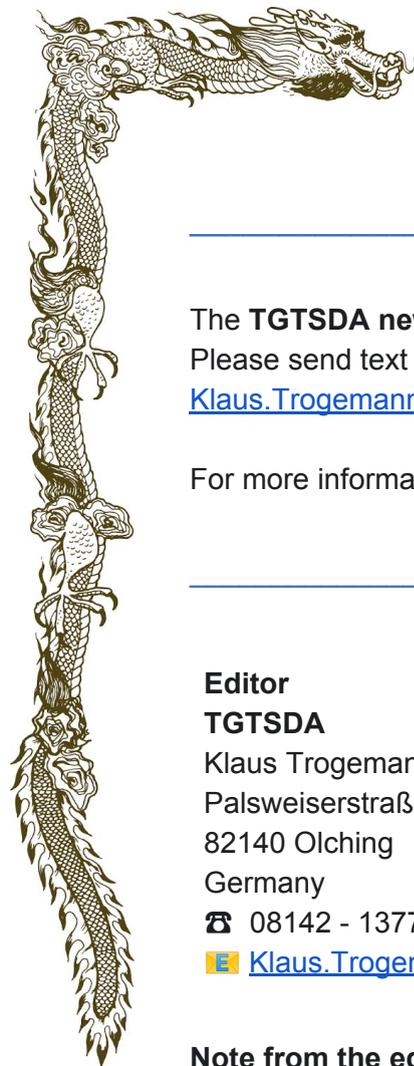
Get instruction, step-by-step, in new forms and techniques. you have to learn new forms of techniques from instructors and seniors. After you find the important points, study the less important ones. Do not take any aspect of training lightly. For example, in learning a new form, you should separate its elements and start from the easy part and progress to hard. Develop strength and correct posture. Learn to use power, develop fast and slow techniques, the expansion and contraction of the body, focus, reading etc. These things are learned from practising the forms over and over. Repetition is the mother of all technique. It is generally the same when practising sparring.

Try to overcome your feelings of laziness. This may not seem to be important, but it is. The condition of laziness, idleness does not come from insincerity or intent. It is a natural phenomenon which occurs after a certain period of inactivity. This occurs periodically, you should develop good habits in training and be able to overcome your feelings of laziness, idleness so you can progress in the arts.

Cleanliness is desired after practice is finished. It is easy to catch a cold after finishing practice. This can occur after hard training because of carelessness whilst relaxing. One cannot experience a real feeling of rest without a clean body after practice. The improvement of the physical condition is not so much from training as from proper rest after training.

(Ref. Tang Soo Do – Volume 1 – Grandmaster Hwang Kee 1975)

Master Jan De-Vry, 5th Dan, Tang Soo Do Great Britain



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**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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**IMPRINT**

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Klaus Trogemann, TGTSDA editorial team