

### The TGTSDA and Corona Times

It's really time for a new newsletter! Unfortunately the Corona virus still keeps us busy. We have no influence on the course of the infection but we can hope for improvements with the ongoing vaccination which will have positive effects on our day ranges. We all hope for more normal times by the end of June and with that the possibility to train regularly indoors.

For over 14 month we have been restricted in our daily lives more or less, depending on the country you live in, which is physically and mentally challenging for every single one of us, if we want it or not.

In times like this we are reminded that often things are very different to what we could imagine. But even in these difficult times one can profit from the lessons learned because of the crisis. Of course everyone faces different challenges but one has to learn to make the best of the situation. We can see every day in which creative ways people are handling the situation to cope with their personal problems. We cannot go about our usual business, everyone has to find a way to get along with the situation.

From many calls also from other countries, I learn that people are facing the same problems, and the different generations are handling the pandemic in different ways.

At the TGTSDA we use the time to create a range of manuals for the members of our association to be able to catch up with the practical parts of our training as soon as the restrictions are over. There will be seminars and clinics to support our members in their training efforts. In a newly founded organisation there is a lot of administrative work: Publications have to be created, the organisational structures have to be established, materials have to be purchased, an administrative software has to be developed and so much more. These time intensive tasks keep us really busy, despite Corona.

Please be patient! Sooner or later the mass vaccinations will lead to the decrease of the case numbers, and we will return to a normal life, maybe a bit bumpy at the beginning.

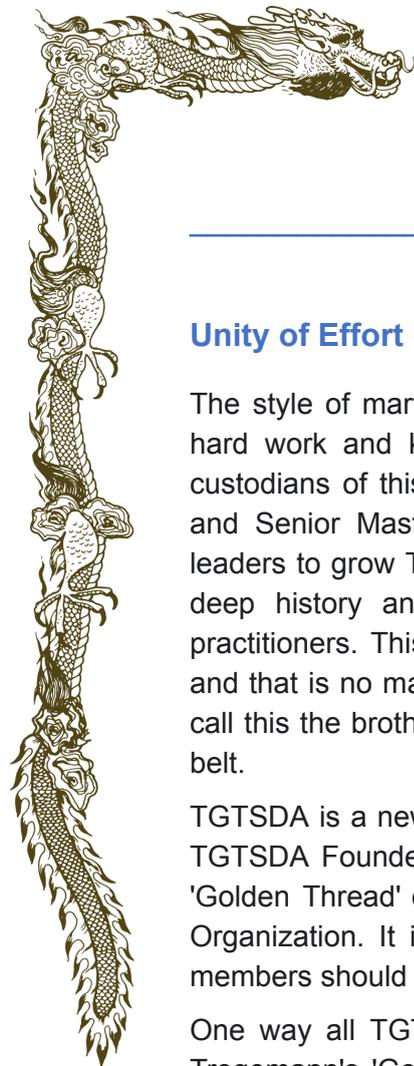
I know that this brings no comfort for a lot of people but for me, a representative of the post war generation who has experienced the devastating damages of WWII as well as the years of deficit as a child, I know that the situation could be much worse. Do not forget what people in many countries of our earth have had to suffer in the recent past and right now. In countries like e.g. in Afghanistan, Syria or Yemen where the people have to sustain terror, war, hunger, diseases, mutilation and death. Compared to that we are doing fine, despite the restrictions.

Heads up! In two to three month we will see that the situation will be much better.

Tang Soo!



Sah Bum Nim Klaus Togemann, Germany



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## **NEWS AND EVENTS**

### **Unity of Effort - Language of Champions**

The style of martial art we practice has a deep history and strong foundations established by the hard work and knowledge of Tang Soo Do's founder. His hard work continues through the custodians of this art who have dedicated their lives to learning and teaching it. Grand Masters and Senior Masters throughout the world, strive to lead the next generation of Tang Soo Do leaders to grow Tang Soo Do whilst maintaining its core heritage. This is aided by Tang Soo Do's deep history and heritage which is a golden thread that provides a unity amongst all its practitioners. This leads to one of the great things that bonds us as practitioners of Tang Soo Do and that is no matter where in the world we are from we can come together and train as one - we call this the brother / sisterhood of Tang Soo Do and it is represented by the red strip in a Masters belt.

TGTSDA is a new organization based on principles taught by Grandmaster JC Shin. In particular, TGTSDA Founder, Master Trogemann, a lifelong student of Grandmaster JC Shin, continues the 'Golden Thread' of the lineage of Tang Soo Do's founding principles through his leadership of the Organization. It is Master Trogermann's ideas on the core principles of Tang Soo Do and how members should practice the art that resonate the most and should be studied closely.

One way all TGTSDA members, 10 gup to 7 Dan, can play their part in contributing to Master Trogemann's 'Golden Thread' of passing on the traditions of Tang Soo Do, is through a Unity of Effort in communication. By taking the time to learn from Master Trogemann his founding principles of the TGTSDA and adopting his message as a unified voice throughout all of TGTSDA's activities by using the 'language of champions' you too will become a custodian of Tang Soo Do's legacy. Use his language across all social media platforms and through all engagements with people to emphasize the positive nature of TGTSDA and the wonderful art of Tang Soo Do.

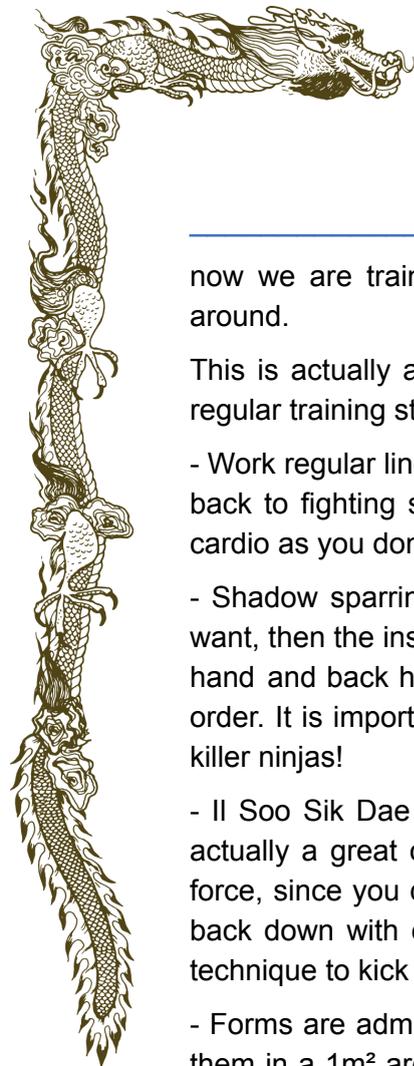
What is the language of champions? When you prepare for your next grade or for a tournament, you train hard to be the best you can physically and mentally be. You will listen to your Instructor's advice on technique and training routine. They will use motivational language to drive you to be the best you can; in other words, they will use the language of champions to inspire you. This language can be used beyond the dojang, it can be used for all things in life. If you talk like a champion you will become a champion, whether it's training, school, work, family life or supporting your organization. Train yourself to adopt the 'language of champions' for all the things you do, so it becomes natural and intuitive helping contributing towards being a champion in all aspects of your life - not just on the mat!

Yours in TSD,

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

### **Training Alone... Together**

Since the second French lockdown, we have been training once a week from home, with a video conference system. As an instructor, this brings a whole new challenge : How can you design new exercises that can be done alone, in a limited space? We are all used to training in big Dojangs - well, not all are big, but compared to a furnished apartment, the smallest Dojang is huge - and



now we are training in bedrooms between the furniture, with neighbors and sleeping babies all around.

This is actually a great occasion to design new exercises, some of them are going to stick once regular training starts again! Some examples:

- Work regular line drill techniques, only instead of stepping forward one side then the other, you go back to fighting stance as soon as the technique is finished. This is great for working speed and cardio as you don't do them by count, you just do as many as you can within a limited time frame.
- Shadow sparring: Move around like you are sparring. You are allowed to throw punches as you want, then the instructor gives techniques that you need to throw. Try them on both sides, with front hand and back hand, for example. If they give several techniques, you can try them in a different order. It is important to visualise your opponent. The great thing about this is you get to defeat 100 killer ninjas!
- Il Soo Sik Dae Ryun: Working alone on them admittedly gets a bit boring after a while, but it is actually a great opportunity to work on the theory. Also, for once, you are allowed to hit with full force, since you don't risk hurting an opponent! Plus, you can always do odd techniques up, then back down with even, left or right side, chain them all up without stopping, try to flow from hand technique to kick technique or the other way around...
- Forms are admittedly a bit harder if you are limited in space, but it is always possible to try to do them in a 1m<sup>2</sup> area. It involves a lot of shuffling around, but it is great for working on leg work. Or, if your neighbors downstairs are nice and you are fit, you can jump every move! Also, have you ever tried to do a weapon form without the weapon? Now you'll see if you really know the form...

That's it for France's ideas on how to train during lockdown...

Looking forward to seeing y'all soon!

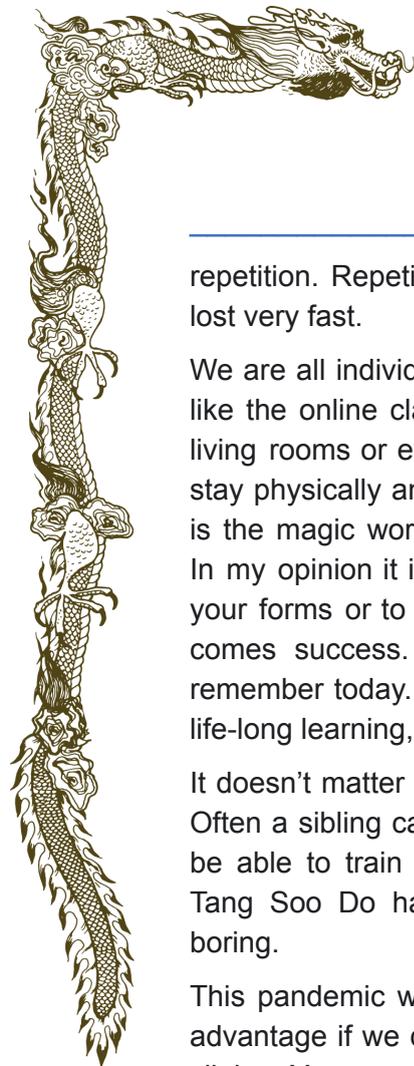
Alexandre Bernard, Sam Dan, Deux Rivières Tang Soo Do, France

## Thoughts during the Pandemic

In Germany one lockdown follows another. The evenings are monotonous and empty. Joint classes were a long time ago. In these surreal times one is happy with the little things in life, the family and the memories, how it was before.

Everyone experiences this time differently and deals with it in their own way. There are the ones that, because of the pandemic, are inundated with work, and there are the ones that are maybe on short-time work. Others have cabin fever because they have been working from home for over a year.

Right now it is hard not to fall in a trap of listlessness or surrender. Life has to have its daily routines. For sure it's easier for some than for others, but really it is actually quite simple. We went to class regularly and had fixed training hours before Corona. That is still possible, you just have to do it. My instructor once told me that if "one is interested in Tang Soo Do, they will stay, no matter what happens." So keep going! Don't say that you're not in the mood today. We are too fast postponing the training or repetition of the forms until the next day, and that's how it keeps continuing. We need a plan for this fugacious time, we need something to hold on to, we need the



repetition. Repetition gives strength and helps us to correct mistakes. A form or a technique gets lost very fast.

We are all individuals and that is great. Each person learns and practices in their own way. Some like the online classes which are offered, others practice watching videos, some practice in their living rooms or even in their basements. That is good! Keep going! We need to hold on to that to stay physically and mentally fit. That doesn't mean to do 50 push-ups every second day. Regularity is the magic word. It doesn't necessarily depend on strength. In my opinion it is fantastic to set the goal to twice a week do your forms or to repeat the one-steps regularly. And with time comes success. What I did wrong yesterday I can maybe remember today. That is a way to improve. A martial art means life-long learning, regularly and steadily, with a goal in sight.

It doesn't matter if you practice on your own or with a partner. Often a sibling can help, a friend or the parents. I am lucky to be able to train with my son who energetically supports me. Tang Soo Do has such a wide range so it never becomes boring.



This pandemic will sooner or later be over. We are all looking forward to that. It is going to be an advantage if we could all hit the ground running, in classes in your familiar group or at events and clinics. You can even be proud of remembering what you have learned. I am looking forward to spending time with you again.

Oliver Stahl, E Dan, TSD Esting, Germany

### **Despite Corona - The Dragons Keep on Training!**

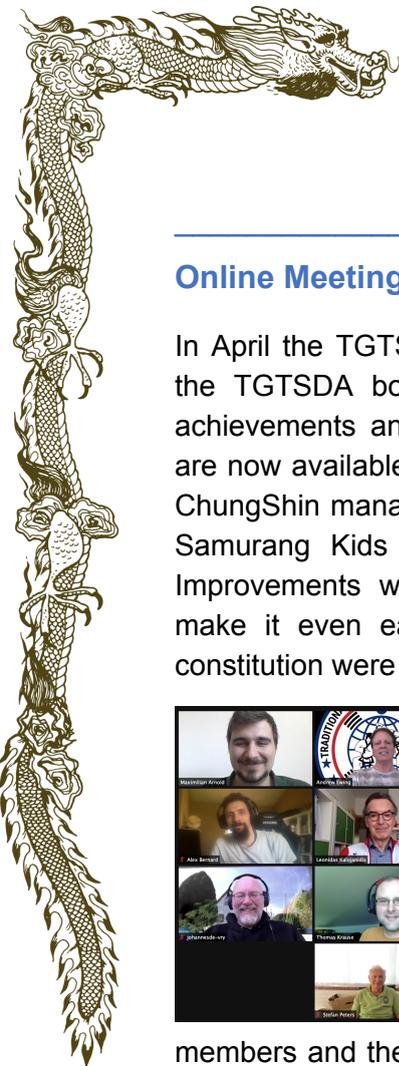


Nothing can stop us - not even Corona. For over a year we have been diligently training virtually every week (with a short period during summer where we were allowed to train in the gym), and despite all adversities our participants have to face: lights that went out during class, sofas being in the way, bad lighting in the living room, videos that are cut off, etc. That requires creative measures: Living rooms are striped for each class, lights are being moved and more. So a big thank you goes to our students: Thank you for still regularly and with great effort are taking part in the classes! This enthusiasm keeps the spirit high also for our instructors :-)

And thanks to this effort we instructors can proudly report the successful grading of some of our students. Unfortunately the belt ceremony could be held only a long time after the grading because of the contact restrictions. Congratulations! You really deserve the new belts! Keep it up!

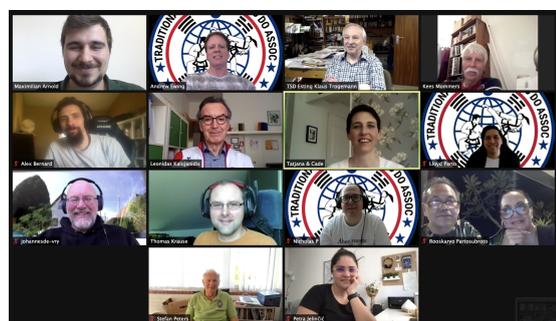


Anna and Chris Fasold, Cho Dan and Sam Dan, TSD Zorneding, Germany



### Online Meetings of the TGTSDA board and the Country Representatives

In April the TGTSDA held two online meetings. In the first one the TGTSDA board and extended board was discussing the achievements and progress of the TGTSDA. New publications are now available for studio owners and head instructors on our ChungShin management software, such as the Dan manual, the Samurang Kids booklet and a questionnaire for Gup tests. Improvements were made to the ChungShin software which make it even easier to navigate. Financial matters and an improved clearer version of the constitution were discussed.



In the meeting with the Country Representatives the results from the board meeting were communicated and the budget for 2021 was proposed, discussed and accepted. The representatives reported about the situations in their countries and how they handle the pandemic.

It was very motivating to see the continuing engagement and the determination of the board members and the Country Representatives of the TGTSDA which makes us looking forward to the time when we can all meet again in person.

Tatjana Schwarz, E Dan, Åkersberga TSD, Sweden

### The Song of Sip Sam Seh (The Song of the 13 Influences)

十三勢歌	十三勢總勢莫輕視	命意源頭在腰際
變轉虛實須留意	氣遍身軀不少滯	靜中觸動動猶靜
因敵變化示神奇	勢勢換心須用意	得來不覺費工夫
刻刻留心在腰間	腹內鬆淨氣騰然	尾闾中正神貫頂
滿身輕利頂頭懸	仔細留心向推求	屈伸開合聽自由
入門引路須口授	功夫無息法自休	若言體用何為準
意氣君來骨肉臣	想推用意終何在	益壽延年不老春
歌兮歌兮百州字	字字真切義無遺	若不向此推求去
枉費工夫貽誤悟		

- Never neglect any of Sip Sam Seh.
- The source of the will is in the hip.
- Pay attention to the smallest change from full to empty.
- Let the energy flow through your body continuously.
- Inner peace means movement. Movement means inner peace. Look for inner peace in movement.
- Surprising things will happen, when you meet your opponent.
- Pay attention to each movement and give it purpose. If

you do it correctly it will seem effortless to you.

- Always pay attention to the hips. Due to a relaxed, clear consideration of the lower abdomen energy can be activated. A straight backbone increases the energy up to the vertex.
- The head should be mobile. Hold your head as if it was tied to a string.
- Stay vigilant and look for the intent and purpose of your art.
- Bend and straight, open and closed. Let nature take its path.
- Beginners will be led and taught through the spoken word. With time one uses more and more what matches for oneself. The skills will develop.



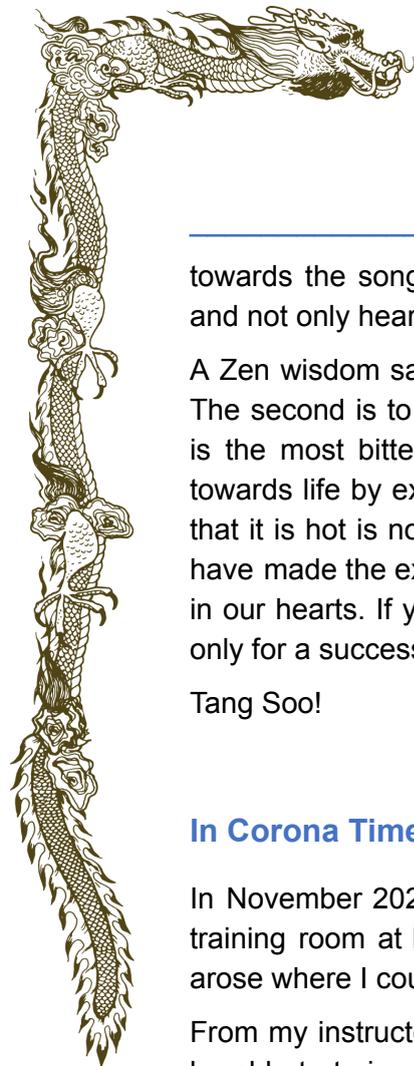
- What is the basic idea and the philosophy of the martial art? Rejuvenation and extension of life beyond the normal expectation. Like an eternal source.
- Each word of this song has an infinite value and importance. If you do not follow this song on purpose you are wasting your time.

The Muye Dobo Tongji contains all heritage of techniques and philosophies of Korean martial arts, and therefore the base for successful training in Tang Soo Do. Martial arts have never only been the base to just defend oneself and survive. Moreover they have been a base to be able to lead a healthy and long life. In short it is a life philosophy. The Song of Sip Sam Seh should therefore not only be considered an instruction for training but a support to review or even change one's own attitude towards life. Life-long learning and teaching is not confined to the learning of as many techniques or forms as possible. It is a constant examination with oneself and the question *Why?*

The little words *do* and *dojang* play an essential role in this. To be able to understand their meaning, it is necessary to look at the song in-depth, to understand the sentences, to internalise it and to live the most important with the heart. Like with many things in life, short words are very meaningful and have profound consequences. For example we have the colours red and blue in the Um-Yang-sign in the Korean flag. If we mixed them we would get violet. But this colour cannot be found in the sign. If we translate that into words, we would have *Yes* for blue and *No* for red. Violet would be *maybe*. In our life we often make decisions based on rational reasons not listening to our gut feeling. Often a *maybe* is the result, and therefore this is often a reason for countless conflicts we have to fight. That is also the attitude towards our life and training. It is not for nothing that the words *in good times and in bad* are spoken clearly at a wedding ceremony. Every decision means to live with its consequences. *Maybe* just expresses the hope to avoid the consequences and to leave the back door open. But of course one can ask what is right and what is wrong? Grandmaster Hwang kee once said "No matter what you do, if it comes from the heart it can't be wrong." So do not forget to also listen to your gut feeling because the gut feeling is a basic equipment that everyone has got since birth. Unfortunately we unlearn to trust our gut feeling and replace it with *maybe*.

What does that mean in regard to the song? The last sentence says it all. Either you do something or you leave it be. If you disregard something on purpose, you are wasting your time, not only your own time but also the time of everyone else. If I say *Yes* to the philosophy of life called martial arts, I do it wholeheartedly because I want it. This should be reason enough.

Martial art is the most natural there is. My capital is my body, my partner and also opponent, is my will and my soul. If one wants to train martial arts successfully one has to be prepared to to meet oneself, to get to know oneself, and moreover recognise one's boundaries and look beyond them. *Yes* to martial arts is also a *Yes* to the instructor and their instructions. They give those instructions since they started this path long before the student, and gathered a lot of experience. In the Western world the bad habit is widespread amongst students that they have the feeling to know it better since they also have some life experience. This life experience is important, no doubt. However the instructor has been walking the path of martial arts longer than the student, and it is their task to accompany and support the student. That however only works when the student accepts advice and does not constantly question everything. In the Asian region martial art is taught by letting students imitate rather than explain everything. This method is completely directed



towards the song. On your quest for the *Why?*, you have the chance to find the true explanation and not only hear it.

A Zen wisdom says: There are three ways to act. The first is to imitate, that is the most simple one. The second is to contemplate, that is the most precious one. The third is through experience, that is the most bitter one. We only progress through experience. We can only shape our attitude towards life by experience. Just like the child that touches the hot stove. The mother's information that it is hot is not enough if you have not yet experienced what hot means. You only know it if you have made the experience. Experiences are events that we do not only remember in our brains but in our hearts. If you look at the song and its content, you hold a true treasure in your hands - not only for a successful training but also for a fulfilling life.

Tang Soo!

Master Christian Preiss, Sah Dan, TSD Switzerland

### **In Corona Times You Can Let Your Imagination Run Free**

In November 2020 I relocated from Neufahrn near Munich to Augsburg. Previously I had my own training room at home but suddenly I realised that I no longer had that anymore. So the question arose where I could practice when everything is closed because of the pandemic?

From my instructor Master Klaus Trogemann I have learned that as a black belt holder you have to be able to train yourself. In the course of time I learned to do so in a well-structured way, so when we are able to train together again, I don't have to start all over again. So where could I train when everything was closed? I noticed that there is a laundry room in our house which is not really used that much.

During my first training session in the middle of Dan Gum Hyung a neighbour came in with a laundry basket which I didn't notice right away. She was shocked when she saw me, just as I was shocked when I noticed her. I explained to her that she doesn't need to be scared and that I was just doing my exercises. Then she laughed and said that it is a great idea and I should do my exercises after 5 p.m because no one comes to do their laundry at that time anymore.



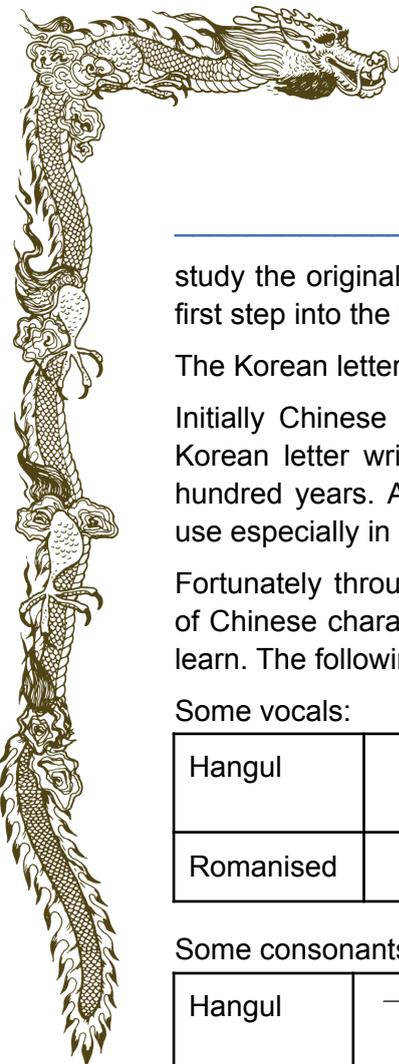
Tang Soo!

Leonidas Kajojanidis, Cho Dan, TSD Esting, Germany

### **Hangul 한글: The Korean Alphabet**

Our martial art Tang Soo Do 당 소 도 came from Korea by a devious route via the USA to Germany and there are countless books on the matter. How important the traditions and routes from the country of origin, Korea, are, can be assumed looking at the name of our association the Traditional Global Tang soo Do Association.

If you are going on a quest for the Korean origins of Tang Soo Do and the influences from China and Okinawa, you will notice quite soon that you will have a much deeper insight in the martial arts, traditions and cultures if you have some basic knowledge about the languages respectively and



study the original sources, which are not created for an English or German speaking reader. As a first step into the tradition I would like to introduce the Korean alphabet.

The Korean letters depiction in their basic form the cosmos • (heaven), \_ (earth) and I (human).

Initially Chinese characters were used, and in 1443 the Korean king Sejong (세종) created the Korean letter writing, which ,however, only prevailed over the Chinese system in the past one hundred years. Approximately 2000 Chinese characters are still taught in school, and are still in use especially in sciences.

Fortunately through its segmentation in syllables the Korean writing only looks like the thousands of Chinese characters, however it is just like our writing a letter writing which makes it quite easy to learn. The following table can help you to remember the letters for practical use.

Some vocals:

Hangul	ㅏ	ㅑ	ㅓ	ㅕ	ㅗ	ㅛ	ㅜ	ㅠ	ㅡ	ㅣ
Romanised	a	ya	eo	yeo	o	dyo	u	yu	eu	i

Some consonants:

Hangul	ㄱ	ㄴ	ㄷ	ㄹ	ㅁ	ㅂ	ㅅ	ㅇ	ㅈ	ㅊ	ㅋ	ㅌ	ㅍ	ㅎ
Romanised	g	n	d	r	m	b	s	ng	j	ch	k	t	p	h

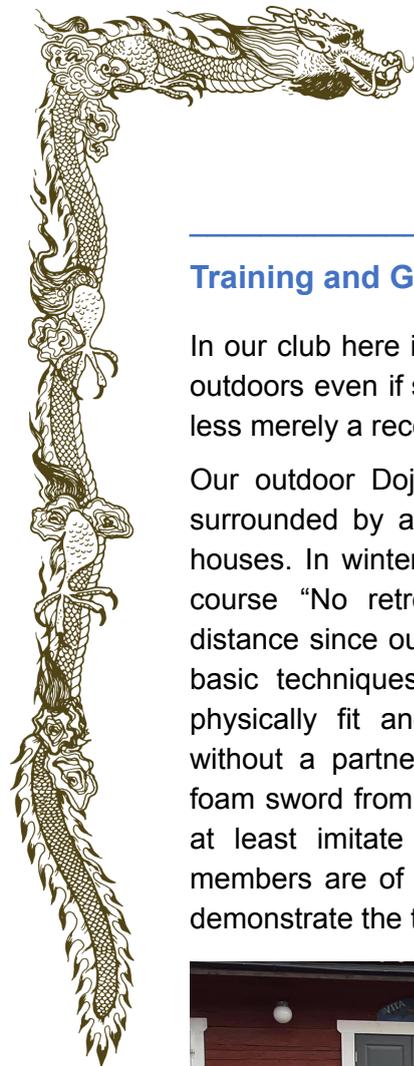
ㄷ ㅅ ㅈ ㅊ ㅎ are pronounced t at the end of a syllable.

You can try it with the familiar numbers 1 to 10 from our warm up exercises:

- 1 hana 하나
- 2 tul 돌
- 3 set 셋    ㅏ + ㅣ = ㅓ pronounced like e
- 4 net 넷
- 5 tasot 다섯
- 6 yosot 여섯    the silent ㅇ is written if a syllable starts with a vocal
- 7 ilgob 일곱
- 8 yodol 여덟
- 9 ahop 아홉
- 10 yol 열

Enjoy practicing!

Sabine Bold, Cho Dan Bo, TSD Leitershofen, Germany



**Training and Grading at Åkersberga TSD in Sweden**

In our club here in Sweden we take responsibility for our students and decided to have all training outdoors even if students up to 19 are allowed to train indoors, and the few restrictions are more or less merely a recommendation. The safety of our students is of highest priority!

Our outdoor Dojang is an idyllic park in Åkersberga next to a canal, with a beautiful gazebo surrounded by ancient oak trees and small historical houses. In winter it sometimes was a bit chilly but of course “No retreat in battle!”. It is easy to keep distance since our classes are mainly about improving basic techniques and forms, and staying or getting physically fit and flexible. One-steps are practiced without a partner, though we discovered that with a foam sword from Cades Haidong Gumdo club we can at least imitate an attack to some extent. Family members are of course allowed to practice together, and it is great that Cade and I can at least demonstrate the techniques on each other for more clarity.



We consider ourselves very lucky to be able to train so we can even have gradings. For sure they are different from regular gradings in a gym but special times call for special measures! Of course we hold the standards high, each grading should be challenging and rewarding, and students should always have the feeling they really earned their belt.

And exactly that is what our white and orange belts demonstrated during the grading at the end of March. Congratulations - you showed true TSD spirit!

Now we are all looking forward to warmer weather and we hope to be back in the indoor Dojang next term!

Stay safe! Tang Soo!

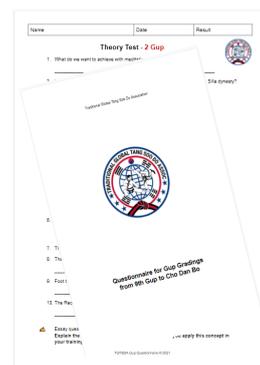
Tatjana Schwarz, E Dan, Åkersberga TSD, Sweden

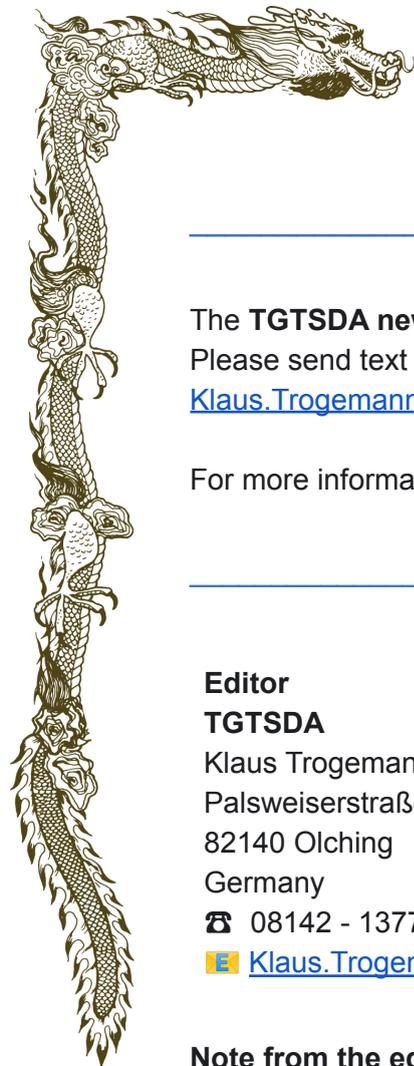
**Questionnaires for Gradings Available On ChungShin**

The TGTSDA is striving for high uniform standards not only for the physical parts of gradings but also for the theoretical part. Therefore a *Questionnaire for Gradings for 9th Gup to Cho Dan Bo* is now available on ChungShin for all studio owners and head instructors. The questions are based on the knowledge of the Gup manual, and should inspire students to also study the theoretical background of our martial arts.

A questionnaire for Cho Dan to Sam Dam and for Sah Dans and Master Candidates is in planning.

Tatjana Schwarz, Åkersberga TSD, Sweden





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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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