



**TAEKWONDO**  
**AKTUELL**

TAEKWONDO



DEFENSE



# SEASON 10 | MILESTONE EDITION

# TAEKWONDO DEFENSE

# Taekwondo Defense Season 10

## TKDD X • Milestone Edition

in Sindelfingen, Germany



**Dan and Licence Seminar: 23–29 May 2026**

**Weekend seminar: 23–24 May 2026**

**Refresher: 24–26 May, 24–27 May, 26–28 May, 26–29 May 2026**

**Premium workshop Hosin Poomsae (poomsae application): 30–31 May 2026**

**Premium workshop Full Power Kali: 30–31 May 2026**

**Don't miss: TKDD Day Milestone Edition on 26 May 2026**

### What is Taekwondo Defense?

Taekwondo Defense is a modern, practical form of self-Defense used by martial artists as well as police and military units in countries such as South Korea and Mexico. Unlike other self-Defense systems, it is specifically based on taekwondo techniques. Since 2022, the TKDD community in Europe has been growing steadily and attracting more and more trainers and clubs.

### Why Taekwondo Defense?

Today's taekwondo practice can generally be divided into two directions: the Olympic or athletic style and the traditional style. Although technique and discipline are at the forefront of both approaches, many trainers and athletes feel that practical self-Defense is neglected and lacking in training practice. Taekwondo Defense fills this gap by offering dynamic, realistic techniques that complement traditional taekwondo training and meet the demands of modern society.

By training to become a licensed TKDD instructor, coaches gain a valuable programme that appeals to both new and experienced students and meets the growing need for effective self-Defense skills in today's world.

### Who can learn Taekwondo Defense?

Taekwondo Defense is open to martial artists of all disciplines and can be learned and effectively applied even without prior knowledge of Olympic Taekwondo.

### Master

- **Grand Master Kim Eunseob:** Founder and President of the World Taekwondo Defense Federation
- **Chief Instructor Jiseok Lee**
- **Instructor Manolo Luis Del Rosario**

## Seminar content

The Taekwondo Defense Federation (TKDD) in South Korea is already well established, professionally organised and offers both dan examinations and trainer licences. Grand Master Soo-nam Park was commissioned by founder Kim Eunseob to bring TKDD to Europe. The course in Sindelfingen is open to participants from all over the world. Since 2022, the TKDD community has expanded throughout Europe and is now represented at around 30 locations where regular training sessions and coloured belt examinations are held.

### TKDD Season 10 Seminar Offer

TKDD Season 10 presents a comprehensive range of seminars to develop and deepen your skills and knowledge in Taekwondo Defense. Our seminars help you achieve your goals in a dynamic and stimulating learning environment.

#### → Weekend seminar for athletes with and without previous experience

- **Admission requirements:** None (participation is also possible without graduation).
- **Certificate:** Certificate of participation.
- **Prospects:** Opportunity to deepen your knowledge in further seminars.

#### → Dan/licence seminar for athletes with previous budo experience

- **Entry requirements:** 1st dan in taekwondo (other budo sports on request)
- **Objective:** Preparation for the **1st Dan Taekwondo Defense** examination
- **Qualification:** Acquisition of 1st Dan TKDD including TKDD instructor and examiner licence (C-level, examinations up to green belt).
- **Prospects:** Licence holders can offer TKDD in their club or school.

#### → Refresher seminars for dan holders (1st - 3rd dan TKDD)

#### → Opportunity to take the 2nd/3rd dan examination

Holders of 1st or 2nd Dan TKDD can take part in the next Dan examination after attending the 7-day course and in consultation with President Kim. The waiting period from 1st to 2nd Dan is one year, and from 2nd to 3rd Dan two years.

Participation in the 7-day refresher course without examination is always possible.

#### → Special: Premium Workshop Poomsae Application (Hosin-Poomsae)

Exclusively in Europe, we offer formal training in Poomsae Application (Poomsae in Application / Hosin-Poomsae) recognised by the Kukkiwon. This discipline is an official category at the World Taekwondo Hanmadang and forms an excellent basis for a deeper understanding of Poomsae. At the same time, it can be applied in the examination programme of the German Taekwondo Union. Our two-day seminar is an intensive training course in a small group.

Experience taekwondo in a whole new dimension with this exclusive offer!

## → Special: Premium Workshop Full Power Kali

Kali from the Taekwondo Defense family! Exclusively at TKDD Season 10, TKDD instructor and Kali expert Manolo Luis Del Rosario will teach two days of intensive Full Power Kali training. Master Del Rosario is coming directly from the Philippines to Sindelfingen – a unique opportunity to experience authentic Filipino stick and knife defense. The workshop is open for TKDD practitioners of every belt and even for guests!

## → Instructor / Referee Course Taekwondo Bong

On the occasion of TKDD Season 10, instructor and referee courses in Taekwondo Hosin Bong (TKDD Stickfight) will take place alongside the regular courses.

## Timetable: Training time every day 10:00 a.m. - 5:00 p.m.

Day	Dan + licence	Refresher 1	Refresher 2	Refresher 3	Refresher 4	TKDD weekend Seminar	Premium Workshop Hosin Poomsae / Full Power Kali
23 May	Small group, Prerequisite: 1st Dan TKD (other martial arts on request)					Open seminar	
24 May		Refresher 1 (3 days)	Refresher 2 (4 days)				
25 May							
26 May		Refresher 3 (3 days)	Refresher 4 (4 days)				
27 May							
28 May							
29 May							
29 May	Dantest						
30 May							Small group
31 May							

**Venue:** Goldbergsschule. Goldbergstraße 34, 71065 Sindelfingen/Germany

## Prices:

	With Taekwondo Aktuell subscription *	Without subscription
Weekend seminar – one day	100,- €	140,- €
Weekend seminar – two days	179,- €	219,- €
Dan and licence seminar Early bird (registration by 15 April 2026)	985,- €	1105,- €
Dan and licence seminar (Registration from 16 April 2026)	1085,- €	1205,- €
Examination fee	200,- €	200,- €
Refresher and advanced seminar 1 (3 days)	395,- €	435,- €
Refresher and advanced seminar 2 (4 days)	450,- €	490,- €
Refresher and advanced seminar 3 (3 days)	395,- €	435,- €
Refresher and advanced seminar 4 (4 days)	450,- €	490,- €
Premium Workshop Hosin Poomsae	395,- €	435,- €
Premium Workshop Full Power Kali	200,- €	200,- €

\* Personal subscription only (subscription is non-transferable)

**Taekwondo Hosin Bong (TaekwonStick)  
Instructor Course – 3rd Degree**

Dates:	May 23, 2026 – May 26, 2026 (4 days)
Class times:	10:00 a.m. – 1:00 p.m. (3 hours)
Prerequisites:	Minimum Taekwondo Defense 2nd Dan and Participants in the Season 10 Refresher Course or candidates for 3rd Dan
Course fee:	Free for Season 10 participants
Exam fee:	300 euros

**Taekwondo Hosin Bong (TaekwonStick)  
Referee Course – 3rd Degree**

Dates:	May 27, 2026 – May 29, 2026 (3 days)
Class time:	10:00 AM – 1:00 PM (3 hours)
Prerequisites:	Minimum Taekwondo Defense 2nd Dan Graduates of the Taekwondo Hosin Bong Instructor Course (3rd Degree, Season 10)
Course fee:	Free for Season 10 participants
Exam fee:	200 euros

**Registration: see following page**

## Registration:

By email to [info@taekwondo-aktuell.de](mailto:info@taekwondo-aktuell.de)

Please fill in

Seminar:	
Dan and licence	<input type="checkbox"/>
Refresher	1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
Weekend	Saturday <input type="checkbox"/> Sunday <input type="checkbox"/>
Hosin Poomsae	<input type="checkbox"/>
<b>Personal information:</b>	
Surname	
First name	
Gender	
Nationality	
Date of birth	
Telephone	
Email	
Budo sports practised	
Current taekwondo rank	
For members of the TKDD community:	
TKDD Dan grade	
TKDD Dan number	
Planned examination participation (President Kim decides on admission to the examination)	Yes <input type="checkbox"/> No <input type="checkbox"/>
Targeted TKDD dan grade	

**Just in case – cancellation policy:** We hope, of course, that you will not have to cancel your participation!

Just in case, the following conditions apply:

Cancellation by 1 March 2026 – We will refund 80 per cent of the participation fee.

Cancellation by 1 April 2026 – We will refund 50 per cent of the participation fee.

Cancellation by 1 May 2026 – We will refund 25 per cent of the participation fee.

### Information and contact details

Email: [info@tkdd.eu](mailto:info@tkdd.eu)

Telephone: +49-(0)711-6071696

[www.tkdd.eu](http://www.tkdd.eu) / [www.taekwondo-aktuell.de](http://www.taekwondo-aktuell.de)

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