



TAEKWONDO
AKTUELL



SEASON 11 | BEYOND THE MILESTONE

TAEKWONDO DEFENSE

Taekwondo Defense Season 11 – Beyond the Milestone !



in Sindelfingen / Germany

Dan & License Seminar: October 24–30, 2026

Weekend Seminar: October 24–25, 2026

Refresher Seminars: October 25–27, October 24–27, October 27–29, October 27–30

Don't miss: TKDD Day – October 27, 2026, evening

New in the additional program: Taekwonbong Instructor, Taekwonbong Referee and Women Self Defense Instructor. During the Premium Weekend, Hoshin Poomsae, the Women Self Defense Open Seminar and Full Power Kali will take place in parallel.

Taekwonbong Instructor: October 25–27, 2026

Taekwonbong Referee: October 28–30, 2026

Women Self Defense Instructor: October 24–30, 2026

Women Self Defense for TKDD members: October 24–26, 2026

Premium Workshops: October 31–November 1, 2026 – Hoshin Poomsae, Open

Women Self Defense Open Seminar, Full Power Kali

What is Taekwondo Defense?

Taekwondo Defense (TKDD) is a modern, practice-oriented self-defense system consistently based on Taekwondo techniques and principles of movement. It combines the technical foundations of the Korean martial art with realistic applications and is practiced by martial artists as well as in police and military environments, including in South Korea and Mexico.

Since its introduction in Europe in 2022, the TKDD community has continued to grow. More and more instructors, clubs and Taekwondo schools are integrating the system into their training programs.

Why Taekwondo Defense?

Taekwondo practice today is largely shaped by Olympic and sport competition as well as traditional Taekwondo. Both areas teach demanding techniques, body control and discipline. Practical self-defense, however, often plays only a limited role in regular training.

This is exactly where Taekwondo Defense comes in. TKDD develops self-defense directly from Taekwondo and transfers familiar techniques and movement principles to dynamic, realistic situations. In this way, the system builds a bridge between Taekwondo as a martial art and its practical application.

For instructors, training as a licensed TKDD Instructor also offers the opportunity to expand existing club or school training with a structured self-defense program, appealing both to experienced Taekwondo practitioners and to new target groups.

Who can learn Taekwondo Defense?

Taekwondo Defense is open to martial artists from different disciplines. No previous experience in Olympic Taekwondo is required to get started. The techniques are systematically structured and can be learned step by step and applied in practice.

Instructors

President Kim Eunseob Founder and President of the World Taekwondo Defense Federation

Chief Instructor Jiseok Lee Long-standing Chief Instructor and recognized expert in TKDD practice and instruction

Instructor Manolo Luis Del Rosario Kali expert and TKDD Instructor

TKDD in Europe

The World Taekwondo Defense Federation in South Korea has a structured training and grading system with Dan examinations as well as Instructor and Examiner licenses.

Grandmaster Soo-nam Park played a decisive role in the international development of Taekwondo Defense. Working closely with founder and President Kim Eunseob, he brought Taekwondo Defense to Europe in 2022 and initiated the first seminars in Germany. From the very beginning, he worked to establish TKDD in Europe on a lasting basis beyond individual seminars and to build a sustainable structure.

From this initiative, a steadily growing community developed within just a few years. Today, TKDD is represented at around 35 locations across Europe, where regular training and color-belt examinations are held. The central international seminars in Sindelfingen continue the development work begun by Soo-nam Park and are open to participants from all over the world.

TKDD Season 11 – Beyond the Milestone

TKDD Season 11 offers different seminar formats for beginners, experienced martial artists and already graded TKDD Dan holders. This provides the opportunity both to discover Taekwondo Defense for the first time and to continue your training through Dan grades and Instructor and Examiner licenses.

→ TKDD Weekend Seminar for participants with or without previous experience

Requirements: None – participation is possible without any rank.

Certificate: Certificate of participation.

Perspective: Opportunity to deepen the knowledge gained in further seminars and enter the TKDD training system.

→ TKDD Dan & License Seminar for martial artists with Budo experience

Requirements: 1st Dan Taekwondo; other martial arts on request.

Goal: Preparation for the 1st Dan Taekwondo Defense examination.

Certificate: 1st Dan TKDD including TKDD Instructor and Examiner License (C-Level, authorized to conduct examinations up to green belt).

Perspective: License holders can offer Taekwondo Defense in their club or school and establish TKDD training independently.

→ TKDD Refresher Seminars for Dan holders

Various refresher formats give holders of 1st to 3rd Dan TKDD the opportunity to review techniques, deepen their knowledge and continue intensive training with the Korean masters.

→ Opportunity to take the 2nd or 3rd Dan TKDD examination

Holders of 1st or 2nd Dan TKDD may take the next Dan examination after participating in the seven-day seminar and in consultation with President Kim.

Requirements:

2nd Dan: Minimum waiting period of one year and participation in two Refresher Seminars.

3rd Dan: Minimum waiting period of two years and participation in four Refresher Seminars.

Participation in the seven-day seminar to deepen and refresh your knowledge is, of course, also possible without taking an examination afterwards.

→ Taekwonbong Instructor and Referee

Stick fighting for all ages – an exciting additional program for club training or tournament participation. 2nd Dan TKDD is required to participate in the Taekwonbong Instructor and Referee Seminars.

→ Women Self Defense Instructor

For the first time in TKDD Season 11, we are focusing on an area of realistic self-defense that is highly relevant both in club and school training and in everyday life. 2nd Dan TKDD is required for the Women Self Defense Instructor Seminar.

October 24-26 are open for all TKDD members and end with a certificate.

→ Premium Workshop Hoshin Poomsae – Poomsae in Application

Exclusively in Europe, we offer training in Hoshin Poomsae – Poomsae in Application.

Hoshin Poomsae takes the traditional forms beyond a purely aesthetic dimension and reveals what lies within their movements: effective techniques with concrete applications. This creates a new, deeper understanding of Poomsae – far beyond simply performing the forms.

The two-day Premium Workshop offers intensive training in a small group and the opportunity to explore the practical applications of Poomsae in depth.

Anyone who has already participated in the Hoshin Poomsae Workshop three times can take part in the Hoshin Poomsae Instructor Course at Season 11. A regular Hoshin Poomsae Workshop will take place in parallel.

→ Premium Workshop Women Self Defense

Practical, versatile and open to everyone: the Women Self Defense Weekend Workshop is open to all interested participants, with or without previous martial arts experience. Over two days, different areas of self-defense will be trained intensively.

→ Premium Workshop Full Power Kali

Experienced Kali expert and TKDD Instructor Manolo Luis Del Rosario is coming directly from the Philippines to Sindelfingen. The seminar is open to the TKDD community as well as to all interested newcomers and guests who would like to experience authentic Kali and get to know the special atmosphere of TKDD.

→ Special: TKDD Day

An informal get-together outside the training hall – an opportunity to get to know the other participants and the Korean masters personally, exchange ideas and enjoy a relaxed evening together.

TKDD Season 11 – Information:

Overview

Day	TKDD Weekend Seminar	TKDD Dan + License	Ref. 1	Ref. 2	Ref. 3	Ref. 4	Taekwon-bong Instructor	Taekwon-bong Referee	Women Self Defense Instructor	Hoshin Poomsae	Women Self Defense	Full Power Kali
24.10												
25.10												
26.10												
27.10												
28.10												
29.10												
30.10												
30.10		Dan Test										
31.10												
01.11												

Requirements and Training Times

Date	Program	Requirements / Notes	Training Time
24.–25.10.	TKDD Weekend Seminar	Open Seminar	09:30–12:30
24.–30.10.	TKDD Dan & License Seminar	Requirement: 1st Dan Taekwondo (other martial arts on request)	13:30–16:30
25.–27.10.	Refresher 1	For TKDD Dan holders	
26.–27.10.	Refresher 2		
27.–29.10.	Refresher 3		
27.–30.10.	Refresher 4		
24.–26.10.	Women Self Defense	Open to all TKDD members; Certificate of participation	16:30–18:00
24.–30.10.	Women Self Defense Instructor	Requirement: 2nd Dan TKDD; Instructor License	16:30–18:00
25.–27.10.	Taekwonbong Instructor	Requirement: 2nd Dan TKDD; Instructor or Referee License	09:30–12:30
28.–30.10.	Taekwonbong Referee		09:30–12:30
31.10.–01.11.	Hoshin Poomsae	Workshop for TKDD practitioners	10:00–13:00
31.10.–01.11.	Hoshin Poomsae Instructor	Requirement: three previous participations in the Hoshin Poomsae Workshop	14:00–17:00
31.10.–01.11.	Women Self Defense	Open Seminar for participants with or without martial arts experience	
31.10.–01.11.	Full Power Kali	Open Seminar for everyone interested	

Fees:

	With Taekwondo Aktuell subscription *	Without subscription
Weekend Seminar – one day	100,- Euro	140,- Euro
Weekend Seminar – two days	179,- Euro	219,- Euro
Dan & License Seminar Early bird (registration by September 23, 2026)	985,- Euro	1105,- Euro
Dan & License Seminar (registration from September 24, 2026)	1085,- Euro	1205,- Euro
Dan & License Seminar for TKDD Dan holders as refresher, without test option	845,- Euro	845,- Euro
Examination fee	200,- Euro	200,- Euro
Refresher Seminar 1 (3 days)	395,- Euro	435,- Euro

Refresher Seminar 2 (4 days)	450,- Euro	490,- Euro
Refresher Seminar 3 (3 days)	395,- Euro	435,- Euro
Refresher Seminar 4 (4 days)	450,- Euro	490,- Euro
Women Self Defense October 24–26	80,- Euro	80,- Euro
Women Self Defense Instructor, participation including license	300,- Euro	300,- Euro
Taekwonbong Instructor, participation including license	300,- Euro	300,- Euro
Taekwonbong Referee, participation including license	300,- Euro	300,- Euro
Instructor Taekwonbong + Women SD or one of both instructor seminars + Taekwonbong referee seminar: 500,- Euro		
Instructor Taekwonbong + Women SD + Taekwonbong referee seminar: 700,- 00 Euro		
Premium Workshop Hoshin Poomsae	395,- Euro	435,- Euro
Premium Workshop Women Self Defense (2 days)	TKDD members and students of members and/or Taekwondo Aktuell subscribers 150,- Euro	Non-TKDD members and non Taekwondo Aktuell Subscribers: 200,- Euro
Premium Workshop Full Power Kali (2 days)	TKDD members and students of members: and/of Taekwondo Aktuell subscribers 150,- Euro	Non-TKDD members and Non Taekwondo Aktuell Subscribers: 200,- Euro

Venue:

Goldbergschule, Goldbergstraße 34, 71065 Sindelfingen/Germany

Please see the registration form on the following page.

Registration

By e-mail to info@taekwondo-aktuell.de

Please complete the form

Seminar:	
Dan & License	☐
Refresher	1 ☐ 2 ☐ 3 ☐ 4 ☐
Weekend	Saturday Sunday
Women Self Defense (Oct. 24–26)	☐
Women Self Defense Instructor	☐
Taekwonbong Instructor	☐
Taekwonbong Referee	☐
Women Self Defense (Premium Workshop)	☐
Full Power Kali	☐
Hoshin Poomsae	☐
FOR PARTICIPANTS IN THE DAN & LICENSE SEMINAR	
PERSONAL INFORMATION:	
Family name	
First name(s)	
Gender	
Nationality	
Date of birth	
Phone	
E-mail	
Martial arts practiced	
Current Taekwondo rank	
For members of the TKDD community:	
TKDD Dan grade	
TKDD Dan number	
Planning to take the examination (Admission to the examination is decided by President Kim)	Yes No
Target TKDD Dan grade	

Cancellation Policy

We hope, of course, that you will not have to cancel your participation!

If you do, the following conditions apply:

Cancellation by August 1, 2026 – we refund 80 percent of the participation fee.

Cancellation by September 1, 2026 – we refund 50 percent of the participation fee.

Cancellation by October 1, 2026 – we refund 25 percent of the participation fee.

Info and kontakt

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