



TAEKWONDO
AKTUELL



SEASON 11 | BEYOND THE MILESTONE

TAEKWONDO DEFENSE

Taekwondo Defense Season 11 – Beyond the Milestone!



in Sindelfingen / Germany

Dan and License Seminar: October 24–30, 2026

Weekend Seminar: October 24–25, 2026

Refresher Seminars: October 25–27, October 25–28, October 27–29, October 27–30, 2026

Premium Workshop Poomsae Application (Hoshin Poomsae):

October 31–November 1, 2026

Not to be missed: TKDD Day – October 27, 2026, evening

Further workshops (Hoshin Bong Instructor, Hoshin Bong Referee, Full Power Kali, Women Self Defense, etc.) – more information coming soon

What is Taekwondo Defense?

Taekwondo Defense (TKDD) is a modern, practice-oriented self-defense system based consistently on Taekwondo techniques and movement principles. 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 today is largely shaped by Olympic-style sport competition and traditional Taekwondo. Both areas develop sophisticated 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 bridges the gap between Taekwondo as a martial art and its practical application.

For instructors, qualification as a licensed TKDD Instructor also provides an opportunity to expand an existing club or school program with a structured self-defense curriculum, 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 taught systematically and can be learned step by step and applied effectively 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

TKDD in Europe

The World Taekwondo Defense Federation in South Korea has a structured training and grading system, including Dan examinations as well as instructor and examiner licenses.

Grandmaster Soo-nam Park played a key role in the international development of TKDD. Working closely with founder and President Kim Eunseob, he brought Taekwondo Defense to Europe in 2022 and initiated the first seminar

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.

Within just a few years, this initiative developed into a steadily growing community. Today, TKDD is represented at around 35 locations across Europe, where regular training sessions 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 existing TKDD Dan holders. Participants can discover Taekwondo Defense for the first time or continue their training toward Dan grades as well as instructor and examiner licenses.

→ Weekend Seminar for participants with or without previous experience

Entry requirements: None – participation is also possible without a martial arts grade.

Completion: Certificate of participation.

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

→ Dan and License Seminar for martial artists with previous Budo experience

Entry requirements: 1st Dan Taekwondo; other Budo disciplines upon request.

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

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

Next step: License holders can offer Taekwondo Defense in their club or school and establish their own TKDD training program.

→ Refresher Seminars for Dan holders

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

→ Opportunity to take the 2nd or 3rd Dan 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 for further training and review is, of course, also possible without taking an examination afterwards.

→ Special: 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 their purely aesthetic dimension and reveals what lies within their movements: effective techniques with practical applications. This creates a new and 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.

Participation in the Hoshin Poomsae Workshop four times is required to obtain the Hoshin Poomsae License.

Discover Poomsae in a new way – not only as a form, but as a martial art with practical applications.

→ Special: TKDD Day

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

TKDD Season 11 – Information

Schedule: Training daily from 10:00 a.m. to 5:00 p.m.

Day		Refresher 1	Refresher 2	Refresher 3	Refresher 4	TKDD Weekend Seminar	Hoshin Poomsae
24.10	Small group, requirement: 1st Dan TKD (other Budo disciplines upon request)					Open Seminar	
25.10		Refresher 1 (3 days)	Refresher 2 (4 days)				
26.10							
27.10				Refresher 3 (3 days)	Refresher 4 (4 days)		
28.10							
29.10							
30.10							
30.10	Dan Examination						
31.10							Hoshin Poomsae
01.11							

Venue:

Goldbergschule, Goldbergstraße 34, 71065 Sindelfingen/Germany

Fees:

	With Taekwondo Aktuell subscription *	Without subscription
Weekend Seminar – one day	100 EUR	140 EUR
Weekend Seminar – two days	179 EUR	219 EUR
Dan and License Seminar Early bird (registration by September 23, 2026)	985 EUR	1105 EUR
Dan and License Seminar (registration from September 24, 2026)	1085 EUR	1205 EUR
Examination fee	200 EUR	200 EUR
Refresher and Advanced Seminar 1 (3 days)	395 EUR	435 EUR
Refresher and Advanced Seminar 2 (4 days)	450 EUR	490 EUR
Refresher and Advanced Seminar 3 (3 days)	395 EUR	435 EUR
Refresher and Advanced Seminar 4 (4 days)	450 EUR	490 EUR
Premium Workshop Hoshin Poomsae	395 EUR	435 EUR
Further workshops in preparation!		

Registration

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

Please complete the form below

Seminar:	
Dan and License	
Refresher	1 2 3 4
Weekend	Saturday Sunday
Hoshin Poomsae	
Personal information:	
Last name	
First name(s)	
Gender	
Nationality	
Date of birth	
Phone	
E-Mail	
Budo disciplines practiced	
Current Taekwondo grade	
For members of the TKDD community:	
TKDD Dan grade	
TKDD Dan number	
Planning to take an 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 need to cancel your participation.

Should cancellation become necessary, the following conditions apply:

Cancellation by August 1, 2026 – 80% of the participation fee will be refunded.

Cancellation by September 1, 2026 – 50% of the participation fee will be refunded.

Cancellation by October 1, 2026 – 25% of the participation fee will be refunded.

Information and Contact

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