



Shinson Hapkido



17. international
special trainingseminar youngsters & kids

with Sonsanim Ko. Myong

Chong Mu Chong Shim
For a healthy body and a pure heart

of 01. to 03. May 2015
in Lüneburg/Germany





17. international Shinson Hapkido special trainingseminar for youngsters and kids 2015



Dear parents and trainers,
dear kids and youngsters,

regarding the 17th international kids- and youth workshop 2015 I send you my best wishes an greetings, hoping that you and your families live in peace and health.

The first workshop 17 years ago was under the headline: How can our kids and youth can grow up to become adults in the sense of becoming people with a great heart. This headline was interesting for young people as well as for older people.

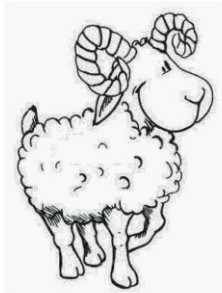
Motto / Begleitwort



2015



Year of the Sheep / Jahr des Schafes / 양해



Stand up for the
Good of Human
and Nature

Sich einsetzen zum
Wohl von Mensch
und Natur

홍익 인간
Hong'ig Ingan



Sonsanim Ko. Myong



Today we live in a world in which things such as financial security, technology, power and speed seem more important than heart, humanity or the right way of breathing. The subordination under materialism has almost become a kind of religion. People forget about heart, humanity and the correct way of breathing, that's why body and soul, people and nature, human and human are departed from each other. This development is regrettable.

Our work with children and youth aims to overcome this gap in order to get closer to ourselves and get back trust/belief in ourselves. Once we have learnt to breathe correctly we can also start to work with techniques.

Through Shinson Hapkido's method of „Trust, respect, patience, modesty and love“ we will gain courage and hope during the workshop. We will learn to feel that Heaven- Earth- Human, me and you and the world are one and that with „I am beautiful, I am good, I can do it“ our community will grow. Our work shall also free ourselves from suppression, feelings of guilt and insultations, so that all of us can live in peace.

(humanity) have to work hand in hand. Knowledge is important, but it is something what we just learn and comes from outside ourselves. The feeling of being alive comes from inside ourselves – it is a gift of nature.

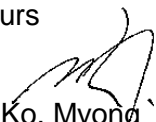
One who wants to become a great human being, shall not only use his head but also listen to his inner voice. IQ (intelligence, knowledge) and EQ (emotions, feeling of being alive) and MQ

During the three workshop-days there will be training and work, but we will also sing and make music. We will learn how to live in common and in harmony with nature. We will learn about healthy feeding and how to put down bad habits. Please be free of any worries. Together with many qualified teachers and trainers we will work hard for the kids' healthy body and clear hearts, that they will behave courageous, responsible and respectful with each other and live with love and laughter. We wish that all of them will return home full of hope and happiness.

I thank you for your trust and your support and wish you and your families a healthy life and full of warm and bright Ki.

Children and youth of today are the world of tomorrow!

grateful yours



Sonsanim Ko. Myong
president, int. Shinson Hapkido Association e.V.



17. international Shinson Hapkido special trainingseminar for youngsters and kids 2015



- When:** 1st to 3rd of May 2015 **start:** Friday 3pm sharp (check-in starts at 1 pm)
ending: Sunday 3pm
- Where:** Schulzentrum Oedeme, Oedemer Weg 75, D-21335 Lüneburg
- Content:** **Shinson Hapkido programme:**
- all together- & group-training
 - Myong Sang / meditation
 - Shinson Hapkido self-defence (body and soul)
 - Shinson Hapkido movements with music
 - nature-special-training, nightwalk and test of courage
 - Danjeon Hohubop / breathing-techniques
 - Ki-Doin / Ki-gymnastics for daylife-health
 - special falling-techniques and acrobatics
 - party and healthy food
- Who:** Children, youth and young people from 10 to 21 years. 21+ can participate can ask for participation if they wish to. Newcomers who have not yet participated in any Shinson Hapkido-training are welcome. Participants do not need to be Shinson Hapkido-member. Anyone needs a written permission of his parents (see below).
- Teacher:** **Sonsanim Ko. Myong** together with many Shinson Hapkido-teachers/-trainers (Kyoanim). Groups of about 8 kids will have one trainer.
- Things to bring:**
- sports-clothes (Dobok or track-suit)
 - track-suit for outdoor-training
 - two pairs of (sport-)shoes for outdoor-training (preferably one pair of rubber-boots)
 - indoor-sport-shoes
 - noteblock and pens, torch
 - sleeping-bag and air-matress or foam-matress
 - Shinson Hapkido-passport
 - warm clothes, enough clothes to change if wet or dirty (preferably older clothes), rain--
 - pants and –coat (we will do sessions outdoors and can get wet and dirty)
 - e few towels
 - (meditation-) pillow
 - red belt up: bring your sticks (bong)
- Dear parents:** **Please do not let your kids bring any money, nor sweets.** Games and electronic equipment such as mobile-phone, mp3-players should stay at home. Kids and youth should stay the three days without contact to their families (in urgent cases we will contact you immediately of course!). Send your kids love and strength.
- Organized by:** International Shinson Hapkido Association e. V. Liebigstr. 27, 64293 Darmstadt, Tel.: 06151-294703, Fax 294733, Email: info@shinsonhapkido.org, <http://www.shinsonhapkido.org>
- Arrangements:** Organisation: Dojang Semmerin (Sabomnim Christoph Albinus)
Catering/Support: Dojang Lüneburg (Bu-Sabomnim Joachim Blank)
Application: Dojang Hamburg 1 (Sabomnim Lidija Kovacic)

We will follow the teaching-rules Oh Shilsang of Shinson Hapkido- founder Sonsanim Ko Myong. We are proud and we are looking forward to prepare and lead the 17th Internation Shinson Hapkido-Kids- &Youth-Workshop for the first time in northern Germany.

Leader in charge: Sabomnim Christoph Albinus, 4th Dan



17. international Shinson Hapkido special trainingseminar for youngsters and kids 2015



Costs:

€ 100,- for Shinson Hapkido-members, € 120,- for non-members.

The price includes accomodation, meals, drinks and snacks during the whole workshop.

Note! Please pay before at your Dojang.

The participant-fee together with the parents-permission will be collected by the Dojangs/Kyosanim or responsible Person in advance!

Responsible persons hand over the money and permission-forms during check-in in Lüneburg to the workshop-staff.

Non-members please apply directly at Shinson Hapkido International Association e. V. and pay during check-in.

Note!

A refund of participation-fee is only possible until 17th of April 2015 in case of written cancellation: hamburg1@shinsonhapkido.org

In case of cancellation after 17th of April the full participation-fee has to be paid.

Last date of application:

17th of April 2015

In case there are more applications than places the participants age decides.

Application at:

**Sabomnim Lidija Kovacic, hamburg1@shinsonhapkido.org oder
Tel./Fax. 0049-40- 891398**

Dayly schedule:

Wake up:

5.00 am

Programme

Myong Sang (from darkness to light)

„Dealing with nature“-training (never give up)

Son: (concentration), Muk-Sang: (quiet meditation), Gi-Do: (prayer)

Shinson Hapkido training in groups (app. 8 pupils) one trainer

Singing together

Group-discussions

Free personal speeches

Central topics:

A great human being

How do you become a human with a great heart?

How can you live respectfully with your family and human beings of your environment, school etc. and be thankful for life?

Sleeping time:

10.00 pm

Dear parents, at 3rd of Mai, 1.00 pm, we invite you to our „home-day“, an afternoon for the whole family.

Welcome your Kids with a warm hug and spend a colorful afternoon with us. We will have barbecue together and watch scenes and sketches performed by the kids.

Please pick up your kids latest at 3.00 pm!

**The participation is at everyones own risk,
The organizer/organizing organization does not take any responsibility for any lost property.**

Participants agree to follow the orders of any responsible trainer/teacher in charge.



17. international Shinson Hapkido special trainingseminar for youngsters and kids 2015



How to get there:

Schulzentrum Oedeme Oedemer Weg 75 D-21335 Lüneburg

By Car from north:

A1/A7 to Maschener Kreuz, continuin A 39 direction Lüneburg

- **A39 until Lüneburg** (motorway continues to B4) **second exit Lüne/Stadtmitte**
- Turn **right** and follow „**Bockelmannstraße**“ (1,9 km)
- Pass by Cinema „Filmpalast“ (on your right), take the middle line, turn **left** at the **traffic-lights** and follow „**Am Schifferwall**“ (which continues to be „**Schießgrabenstraße**“ and „**Willy-Brandt-Straße**“ about 1 km
- Turn **right** onto „**Stresemannstraße**“ (which becomes „Lindenstraße“ and „Soltauer Straße“) for about 1,2 km.
- use the **second exit** at the **traffic-circle** and
- turn **right** immediately afterwards into „**Oedemer Weg**“
- find the Schulzentrum Oedeme after about 1,2 km

By car from south:

A7 from Hannover direction Hamburg

- Take **exit 44 Soltau-Ost/Lüneburg** (about 60km north from Hannover)
- Turn **right** onto **B209/B71** direction Uelzen/Munster/Lüneburg for about 2,4km
- Turn **left** onto **B209** direction Lüneburg for about 34,5km
- Exit **left** direction **Barnstedt/Embsen/Rettmer**
- Turn **left** immediately again onto **K17** (becomes „**Lüneburger Straße**“) for 1,1km
- Turn **left** onto „**Heilighenthaler Straße**“ (becomes K36) for 1km
- Turn **right** (just before a sharp curve tot he left) onto „**Im Dorf**“ for 1,1km
- Head on **straight** (**third exit traffic-circle**) and continue „**Im Dorf**“
- Follow the street with left and right curves, it becomes „**Oedemer Weg**“ after about 1,2km
- find the Schulzentrum Oedeme

By train:

-
- Arrive at Lüneburg Station
- Take bus No **5003** from **ZOB/Bahnhof** to **SZ Oedeme**
-
- It runs once an hour on Sundays (1.32 pm until 7.32 pm)
- It takes about 30 minutes to Schulzentrum Oedeme
-



**17. international Shinson Hapkido
special trainingseminar for youngsters and kids 2015**



Application-Form: mail to: hamburg1@shinsonhapkido.org

School (Dojang): _____

Teacher/Trainer: _____

Address: _____

Phone: _____ Email: _____

Please write in block-letters

name & address, phone	age	Kup/ Dan	vegeta- rian?	hobby	signature

Further applications: next page!

**Workshop-Fee: € 100 (Shinson Hapkido-members)
€ 120 (non-members)**

Please give the workshop-fee and the application form together with the parents-permission to your Kyosanim(person in charge at ypur Dojang. Single-applicants can pay directly at the check-in. Participation and travelling to and from the workshop-site is at your own risk.

Last date of application: **17th of April 2015**

Note! A refund of participation-fee is only possible until **17th of April 2015** in case of written cancellation: hamburg1@shinsonhapkido.org

In case of cancellation after 17th of April the full participation-fee has to be paid!

Applications are only valid in combination with parents-permission-form (see below)

Shinson Hapkido Dojang Hamburg 1 c/o Lidija Kovacic, Friedensallee 44, 22765 Hamburg
Tel./Fax: +49 40 891398, Email: hamburg1@shinsonhapkido.org



**17. international Shinson Hapkido
special trainingseminar for youngsters and kids 2015**



Parents Permission

I agree that my daughter/my son:

participates in the 17th international Shinson Hapkido kids- and youth workshop 2015 in Lüneburg/D.

I am familiar with teaching- and training-methods of Shinson Hapkido and I know, that participation is at the participant's own risk. I informed my son/daughter that he/she has to follow the orders of any responsible person (Shinson Hapkido trainer/teacher).

Belated objection is not possible!

place, date

parents name, address and phone-number

name: _____

street, No. _____

phone: _____

Participants who are over 18 years old fill in this form by themselves. Please name and give address of a person that shall be informed in case of emergency.

Please hand over this parents-permission together with the workshop-fee to your Kyosaninm.

Single-participants can pay their workshop-fee and hand over their parents permission while check-in in Lüneburg.