



Shinson Hapkido



25th International
Children & youth special course

25. anniversary
training course

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

from April 26 to 28, 2024

in **Darmstadt**
Georg Büchner School



With
Sonsanim Ko Myong
(Guest of honor & founder of Shinson Hapkido)

Bu Sabomnim Frederic Paul
(Organization)

Bu Sonsanim Christian Schmidt & Sabomnim Lidija Kovacic
(overall management)





25th International Shinson Hapkido Children & Youth Special Course 2024



Dear parents and teachers,
dear children and young people,

under the motto:

"How can our children and young people become people with a big heart?"

started this course many years ago with great interest.

Today we live in a world in which the order of what is important has changed. It is not the heart, humanity and breathing properly that come first, but more and more material security, technology, performance and speed. Dependence on these things has almost developed into a kind of faith. The heart, humanity and proper breathing are forgotten as a result and so body and spirit, man and nature, human and human being are separated from each other. This development is very regrettable.



2024



Year of the dragon / Jahr des Drachen / 용해

Healthy life, long life, feeling and enjoying life

Gesundes Leben, langes Leben, das Leben fühlen und genießen

건강, 장수, 풍류
geungang, jongsu, pungryu



Our work with children and young people is intended to overcome this separation so that we can come closer to ourselves and regain confidence/faith in ourselves. Once we have learned to "breathe" properly again, we can also start to work with techniques.

Through the Shinson Hapkido teaching method of *"trust, respect, patience, humility and love"*, we will gain courage and hope during the course. We will learn to feel again that heaven-earth-man, you and I, the world is one and with the guiding principle *"I am beautiful, I am good, I can do it"* our community will grow. Our work in the community should also free us from oppression, feelings of guilt (family, school and society) and inner wounds so that we can all live in peace.

If you want to become a "great person", you can't just live with your head, you have to listen to your inner voice. IQ (intelligence, knowledge) and EQ (emotions, attitude to life and MQ (humanity)) must grow together. Knowledge is also important, but it is something learned and comes from outside. A sense of life, on the other hand, comes from within and is a gift of nature.

During the three days of the course, participants train, work, but also sing, make music and learn to live together and in harmony with

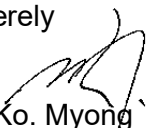
nature. Healthy eating and breaking bad habits are also part of the course.

Please have confidence in us and don't worry. Together with many qualified teachers, we work to ensure that the children and young people have a healthy body and a clear heart, that they treat each other with courage, responsibility and respect, and that they live with love and laughter. We hope that everyone can go home full of joy and hope after the course.

I thank you for your trust and support and wish you and your family a life in good health and full of warm, radiant Ki.

The children and young people of today are the world of tomorrow!

Yours sincerely



Sonsanim Ko. Myong

President, Int. Shinson Hapkido Association e.V.



25th International Shinson Hapkido Children & Youth Special Course 2024



Dear Kyosanim, dear parents and dear students,

This year the time has come again and we are meeting in Darmstadt for the 25th children and youth anniversary. The South Hessian Shinson Hapkido family, which organizes this course, is looking forward to welcoming all participants.

In this "**Year of the Dragon**", we want to continue to strengthen and nurture our community and show that we are looking to the future with hope. Because in a large community, everyone is important and valuable and together we can achieve much more than alone.

That is why we are looking forward to all the children, young people, helpers and teachers doing their bit this year to make it a wonderful, unforgettable time.

We are particularly pleased that our founder and grandmaster Ko Myong will also be coming to this course and that we can continue to learn from him.

This weekend we would like to *teach the Shinson Hapkido method*: **Trust - Respect - Patience - Humility - Love,**

train together to gain sufficient strength and energy so that we can continue to develop our mental and physical health and our zest for life.

In advance we would like to thank all parents for their trust and all others who give their time, their interest and their best to make this special children-youth course a success.

THANK YOU!

Best regards BuSonsanim Christian Schmidt and Sabomnim Lidija Kovacic

Children & Youth Department of the ISHA



25th International Shinson Hapkido Children & Youth Special Course 2024



When: April 26 - 28, 2024

Start: **Friday**, April 26, promptly at 3 pm. Registration and check-in from 1 pm.

End: **Sunday**, April 28, 2 p.m.

Where: **Georg Büchner School, Nieder-Ramstädter Straße 120, 64285 Darmstadt**

Who: This event is open to children, teenagers and young adults aged from 10 - 21 years of age. Older and younger pupils by arrangement only. Children and young people who do not train Shinson Hapkido are also welcome to join us.

Participation requires express written permission of the parent or legal guardian (**see enclosed declaration of consent**).

Teacher: Bu Sonsanim Christian Schmidt, 5th Dan
Bu Sabomnim Frederic Paul, 3rd Dan, as well as other Shinson Hapkido Kyosanim (teachers)

As well as guest of honor and founder Sonsanim Ko Myong

Groups of approx. 8 to 10 participants are each supervised by a teacher.

Bring with you: · Training clothes (dobok or tracksuit)

- Training suit for outside
- 2 pairs of sturdy (sports) shoes for outside (preferably 1 pair of rubber boots)
- Indoor shoes
- Writing utensils (small notepad and pen), flashlight
- Sleeping bag and sleeping mat (or air mattress, blankets etc.)
- Shinson Hapkido card
- Warm clothes (enough clothes to change into; please bring *old* clothes / training and rain gear (we will be training in nature and may get dirty and wet)
- several towels
- (meditation) cushions and a small sports bag
- From red belt: please bring sticks (bong)

Dear parents: Please do **NOT** give your child **ANY MONEY** or **SWEETS** to take to the Training course. Toys & technical devices (**cell phone, MP3 player, etc.**) should also stay at home.

The children and young people should spend the three days of the course without contact at home.

(in urgent cases we will of course contact you immediately).

However, do not simply leave your child with us, but stay connected with him or her inside and continue to send you their love and strength.



25th International Shinson Hapkido Children & Youth Special Course 2024



Contents:

Shinson Hapkido - movement for life

- Community and group training
- Myong Sang / Meditation
- Internal and external Shinson Hapkido self-defense
- Special training in nature, night hike with test of courage
- Danjeon Hohupbop / breathing techniques
- Ki-Doin / Ki healing gymnastics for everyday life
- Hwal In Bop / natural healing
- Special fall school & acrobatics
- Communal singing, celebrations and healthy eating

General procedure:

Wake up: 05.00 a.m.

Program: Myong Sang - Meditation (From Darkness to Light)
Outdoor training: "Dealing with nature" (don't give up)
Shinson Hapkido lessons in small groups (approx. 8 students with supervisor)
Community training and belt level lessons
Singing together - group discussion - open, personal contributions

Main topics: **A great human being!**
How do you become a person with a big heart (big person)?
How can you treat your family and the people around you and at school etc. with respect and feel gratitude for life?

Bedtime: 22.00 hrs

Dear parents,

On **Sunday, April 28, 2024**, we would like to cordially invite you to "Home Day" at around **12:30 pm**. The children will then present you with an imaginative excerpt from what they have learned. We will fire up the barbecue and serve plant and animal delicacies so that no one goes hungry.

However, we ask that children be picked up by 2 p.m. at the latest!

Participation is at your own risk.

The organizer accepts no liability for lost items.

Participants undertake to follow the instructions of the respective supervisors at all times.



25th International Shinson Hapkido Children & Youth Special Course 2024



**Costs: 150 Euro for Shinson Hapkido members
170 Euro for non-members**

The participation fee includes accommodation, meals and drinks for the entire duration of the course. Small snacks are also provided.

Registration deadline: Friday April 12, 2024 !!!

If there are more registrations than places, the age of the participants will decide.

A refund of the participation fee is **only possible until April 12, 2024** if you cancel in writing at verwaltung@shinsonhapkido.org!
After April 12, 2024, the **full participation fee must be paid!**

Registration: verwaltung@shinsonhapkido.org or phone 06151/294703

The participation fees will be collected together with the **declaration of consent** by the responsible kyosanim or person in charge in the dojangs and handed in on site.

Interested parties who do not belong to an official Shinson Hapkido Dojang are requested to register independently and pay the participation fee on site.

Organizer: International Shinson Hapkido Association e.V.
Liebigstr. 27, 64293 Darmstadt, phone: 06151/294703, fax 294733,
Email: info@shinsonhapkido.org, <http://www.shinsonhapkido.org>

Organizer: Responsible management:
Sabomnim Christian Schmidt 5th Dan & Sabomnim Lidija Kovacic, 4th Dan,
Dojang Hamburg 1
Organization:
Bu Sabomnim Frederic Paul, Dojang Darmstadt



25th International Shinson Hapkido Children & Youth Special Course 2024

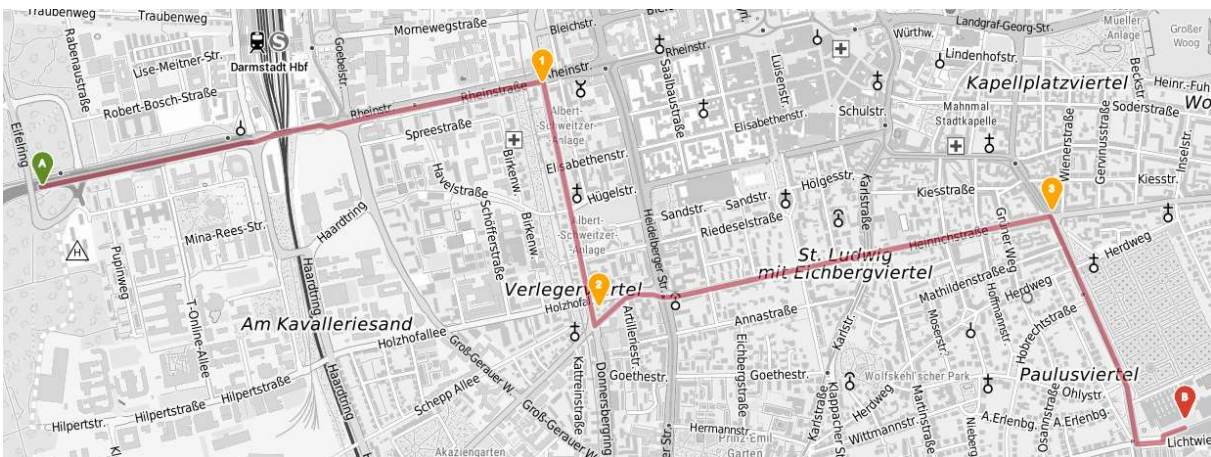


Address:

Georg Büchner School
Nieder-Ramstädter Straße 120
64285 Darmstadt

Arrival by car

- Exit Darmstädter Kreuz (A5, A67)
- Continue on Rheinstraße/B26 in an easterly direction
- At the main station, turn right onto Berliner Allee
- After approx. 1km turn left onto Eschollbrücker Straße
- After 2 km turn right onto Nieder-Ramstädter Straße (turns into Heinrichstraße)
- After 750 meters, turn left onto Lichtwiesenweg and immediately left again into the parking lot of the Georg Büchner School.



Arrival by train

- Arrival Darmstadt main station
- Line 2 or 9 in the direction of Böllenfalltor
- Get off at the Jahnstraße stop
- The Georg Büchner School is located directly across the street



25th International Shinson Hapkido Children & Youth Special Course 2024



Registration: by email to: verwaltung@shinsonhapkido.org

School (Dojang): _____

Teacher: _____

Contact address: _____

Tel: _____ EMail: _____

Please write legibly:

Page: 1

Name & address, phone no.	Age	Kup/ Dan	vegetar ian?	Hobby	Signature

Further registrations: next page !

Course fee: 150,- € for Shinson Hapkido members 170,- € for non-members

Registration deadline: April 12, 2024 !!!

Please hand in the participation fee together with the declaration of consent to the responsible kyosanim/person in charge when registering at the dojang.

Participation as well as arrival and departure are at your own risk.

A refund of the participation fee is **only** possible **until April 12, 2024** if you cancel in writing at verwaltung@shinsonhapkido.org!
After April 12, 2024, the **full participation fee** must be paid!

Registration is only possible together with a declaration of consent of the legal guardian (see attachment).



25th International Shinson Hapkido Children & Youth Special Course 2024



Declaration of consent

I hereby agree to the participation of my child

(name) _____

to participate in the *25th International Shinson Hapkido Children & Youth Specialty Course 2024*.

I am familiar with the teaching methods of Shinson Hapkido and I am aware that participation is at my own risk. I have also informed my child that the instructions of the responsible persons (Shinson Hapkido teachers/chaperones) must be followed at all times.

Subsequent objection is excluded!

Place, date

Signature of a parent or legal guardian

Name, address and telephone number of the legal guardian:

Surname, first name _____

Street, No _____

ZIP code, city _____

Phone number _____
(please specify)

Course participants who are already of legal age are requested to complete this declaration of consent for themselves and to provide a person (address/phone number) who can be contacted in urgent cases.

Please hand in this declaration of consent together with the registration fee to the responsible Kyosanin.

Individuals can submit the declaration on the day of arrival at the registration desk.