

Urlaub für die ganze Familie

Gesundheit und Fitness

Internationale Begegnung und Kulturaustausch



30. International
Shinson Hapkido Summer camp
August 1st – 8th 2014

with Sonsanim Ko. Myong in Darmstadt/Germany,

basic information
in English



30. Internationales Shinson Hapkido Sommerlager in Darmstadt, 1. - 8. August 2014



Dear members of the Shinson Hapkido family,
dear participants of our summer camp,
dear friends and relatives of our members of the International Shinson Hapkido
Association,
dear ladies and gentleman

I send you our welcome, also in the name of all who support us; all interested persons and
all spectators.

The Shinson Hapkido summer camp has taken place yearly in the last 30 years, ever since
it first took place in Belgium in 1984. Every six years, Darmstadt is the host of our summer
camp.

2014 will be the fourth time that Darmstadt will host the Shinson Hapkido summer camp,
and I am very happy that we are guests of Darmstadt, the city of science and the city
where Shinson Hapkido was founded.

The essential objective of this event is to provide a frame for the international exchange of
culture and a place for health and fitness activities, as well as vacation for the whole family.
These goals are closely related with the basics in deeds and attitudes, the "teaching
methods" which are the basics for Shinson Hapkido: Confidence; attention, respect,
modesty, love - in Korean language: "Midum, Yeey, Inee, Giomson, Sarang".

To make this event a great success many people spent much of their time, took on a lot of
burden und prepared many things with great dedication.

That is why we are confident that the participants of this summer camp in Darmstadt, will
enjoy community and fun, develop power and joy of life and attain growing strength for
their daily life.

The meaning of our tasks with and for Shinson Hapkido is to work for peace und for the
community. This is why we say: Chon Jie In - Sky, Earth, People are one. Our summer
camp gives us a chance to demonstrate this.

It is our principle to leave the place of the summer camp if possible even cleaner than we
received it. Especially children and young people will have the opportunity to experience
and practice responsibility for our environment at the summer camp.

People from several European countries will participate and we will also have guests from
Korea, the country in which Shinson Hapkido has its roots.

"Poong Rye Hoe", a Korean artistic ensemble, travelled the long way from Korea to
Darmstadt, bringing with them a piece of the Korean culture. Their workshop will be an
enrichment for the summer camp and their participation will be an important element of our
final show.

This event couldn't be realized just by us. All of the Shinson Hapkido family, family
members, friends of our members, other participants and the citizens of Darmstadt gave us
their support.

Our main idea is "We walk a way together".



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Such an ambitious project, where so many people spend a week so close together, can only be successful in a good and trustful community.

I personally feel great affection by all this, and I thank you all for your interest.

During this 8 days event, it is the aim to feel life, to enjoy and ... to share!

On Thursday the 7th of August from 7.00 p.m. at a Benefit Gala - we will present Shinson Hapkido : impressing martial arts "Action" together with a dynamic music-, dance- and drumming show performed by Poong Ryu Hoe with original Korean instruments.

The subtitle of this event is: "Dream of 1000 years". In the old Korean culture, the question has been asked: "How can we live in peace?", for example in pieces for flutes.

We wish that this does not stay a dream but can be realized - dreams come true if we work together.

The proceeds of this show will be donated for the project for children on the road "Casa Verde" in Peru and for other social projects of Shinson Hapkido Darmstadt e.V.

I would like to express my appreciation and say thank you to all who support the summer camp and in particular the Darmstadt city major Rafael Reißer as well as the head of administration Mr. Klaus Peter Schellhaas.

Thank you very much to all our sponsors for their friendly and helpful support.

Thank you to the head of organisation, the leader of the Shinson Hapkido center school Mr. Joachim Krein, all "Black Belts" and all who worked hard for this project to become reality.

It would be good if we all together brought up power and interest to support and encourage these people who carry so much responsibility!

2014 is the "year of the blue horse" in Korea. This is a symbol for luck, liveliness and power. It is my wish that you all, your families and friends will feel and experience it.

I wish all of us merry and happy days. For the complete event I wish a good success with all of my heart,

„him-chage, chil-gogae, jae-mitgae“ powerful, full of joy and with fun!



Ko Myong
President of the
International Shinson Hapkido Association e.V.



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Agenda Summer camp 2014

Friday 1. August

Arrival

- 18.00 /6 p.m. Meeting of parents whose children are younger than 5 at the kindergarten
21.00/ 9 p.m.: Meeting of all Kyosanim at the Dan tent.

Saturday 2. August

9. a.m. Official opening of 30th Shinson Hapkido Summer camp.
11.30 a.m. Meeting people, responsible for garbage
06.00 p.m. Meeting of doctors and all people with medical skills
08.00 p.m. Official presentation of all participants

Monday 4.th August

- 08.00 p.m. Variety program with presentation of awards of the best contribution.

Tuesday 5th August

- 06.30 p.m. International Shinson Ball festival, a funny "Ball-competition" for the whole family, a mix of football, volleyball and handball.
Each team consists of 3 children, 3 women, 3 men, followed by presentation ceremony and awards.

Wednesday 6th August

- 03.00 p.m. Hike in the environment enjoy the nature and landscape.
08.00 p.m. International music festival

Thursday 7th August

- 02.00 p.m. Final rehearsal for all participants of the performance.
07.00 p.m. Benefiz Gala "a dream of 1000 years" in favour of social projects of the ISHA and to support the Dojang Shinson Hapkido Darmstadt e.V.



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Friday 8th August

- 09.00 a.m. Group portrait,
followed by final training for all participants,
followed by 30th summer camp Kup examination.
(Kyosanim are asked to prepare the registration documents completely)
- 02.00 p.m. Farewell ceremony, official end of the 30th international Shinson Hapkido summer camp in Darmstadt, Germany.
Pennant and certificates will be handed over and the 32nd summer camp 2015 in Hamburg will be announced.

Only available at summer camp 2014: Special workshop together with the members of the music group "Poong Rye Hoe"

Monday 4th to Wednesday 6th August 02.00 p.m. to 03.30 p.m.:

- Traditional Korean dancing course (basic course)
- Samul – Nolie; drum, gong, etc (basic course)
- Korean popular games

The organisation might change the weekly program if necessary.



What you need:

- Dobok and sweat suit
- Shinson Hapkido member card
- tent, sleeping bag, inflatable mattress and so on
- something to write
- knife, fork, spoon and dishes
- swimsuits
- warm clothes / rain clothes
- from 4. Kup: Bong (staff)
- every Dojang should please bring their own Myokpyo Mul
- first aid team: first aid equipment (only optional)
- Shinson Hapkido works for the protection of the environment. That's why we ask you please not to use disposable or paper plates.
- Please support the summer camp financially by purchasing food and drink in our community tent instead of bringing your own there!



30. Internationales Shinson Hapkido Sommerlager in Darmstadt, 1. - 8. August 2014



Trainings schedule:



09:30 - 10:00	a.m.	Training for all participants together
10:00 - 11:30	a.m.	Training in groups
12:00 - 01:00	p.m.	Course for all Black belts
02:00 - 03:00	p.m.	Health consulting service , first aid
04:00 - 05:30	p.m.	Training in groups
15:30 - 16:00	p.m.	Training for all participants together

Training groups:

- Kindergarten for children from 3 till 5 years
- Children 6 years and older
- "getting to know group"
(people without previous knowledge)
- Gymnastics (Ki - Do - In -Bop, slow basic techniques , meditation, fun)
- Seniors
- Beginner
- Medium level
- Advanced
- Black belts

Training contents of Shinson Hapkido:

- Meditation
- Ki-Doin (health programm)
- Breathing techniques
- Inward and outward self defence
- Acupressure
- Laugh together and enjoy life



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The participation in the official summer camp program is optional. You can choose to do what you like from the training as well as the general program.

We only ask you to keep and respect the spirit and the community of the summer camp.

Free-time activities: (no part of the official event)

Nordbad (swimming pool)

More free time activities: <http://www.dadina.de/freizeittipps/>



30. Internationales Shinson Hapkido Sommerlager in Darmstadt, 1. - 8. August 2014



Route to the summer camp 2014 Bürgerpark Nord Darmstadt

Travel by plane

„Airliner“ (Bus) leaving from Frankfurt airport gets you to Darmstadt central station.
next step see travelling by train .

Travelling by train

Arriving Darmstadt central station you take tram No 4 direction Nordbad.
There you leave tram.

Travelling by car

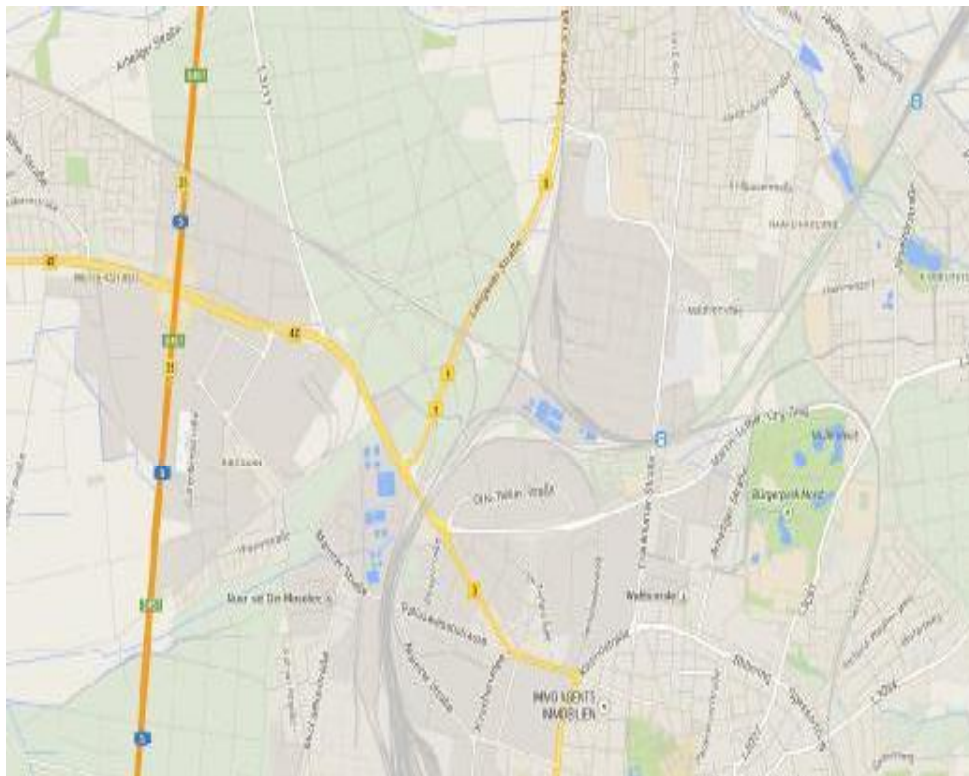
Motorway A5, leaving exit Weiterstadt direction Darmstadt

It is called Gräfenhäuser Straße (road) B42.

You pass below a railway bridge, the next traffic light go left to Otto Röhm road, then Carl Schenk Ring direction Kranichstein. Follow the road, passing several traffic lights always direction Kranichstein.

There is a traffic light for a 4 track road. You pass it straight.

The next traffic light go right into the Alsfelder Straße /Road where you`ll find the parking area.





30. Internationales Shinson Hapkido Sommerlager in Darmstadt, 1.-8. August 2014



Registration for the 30. Int. Shinson Hapkido Summer camp 2014

page:1 / ___

Name (Dojang):

Please enter the names of all participants, even those who needn't pay the fee. Please mark persons who don't pay with a bold point. Participants who are no member of a Shinson Hapkido Dojang please give your address.

Please write clearly.

Registration: Please register with your Kyosanim.

Final day of registration: 18th July 2014

Fee: € 55,- for SH-members (with a SHKD card and their families) 6 till 17 years

€ 95,- for SH-members (with a SHKD card and their families) 18 years and older

€ 75,- for not-SH-members 6 till 17 years

€120,- for not-SH-members 18 years and older

Family discount: Adults and the first child pay the regular fee, all further children who belong to your family needn't pay, as well as children under 6.

The fee includes: participation on training and the official program (without the Benefit Gala), camping, pennant and certificate. With your fee you support the CJI house in Webern, the ISHA e.V. and Shinson Hapkido Darmstadt e.V.

Registration: You can only register for the whole week. We hope that you show understanding that you have to pay for the whole week even if you can take part on a daily basis.

The dojangs are asked to collect the fee and pay for all participants. If you don't belong to a dojang, register at Int. Shinson Hapkido Association e.V. and pay at the summer camp.

Attention: You have only a right of refund if you unsubscribe in written form to Int. Shinson Hapkido Association e.V. till July 18th 2014

If you sign off after the 18th of July you have to pay the full fee. Thank you for your understanding.

Busses/caravans: We arrive with _____ busses and/or _____ caravans.

Please send to: Int. Shinson Hapkido Association e.V.

< Sommerlager 2014 >

Liebigstraße 27

D - 64293 Darmstadt

Tel. +49 (0)6151-294703

Fax. +49 (0)6151-294733

Email: sola2014@shinsonhapkido.org

The participation in the summer camp and the training is on your own risk, as well as your arrival and departure.

We assume no liability for any objects you bring to the summer camp.

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Travelling by car

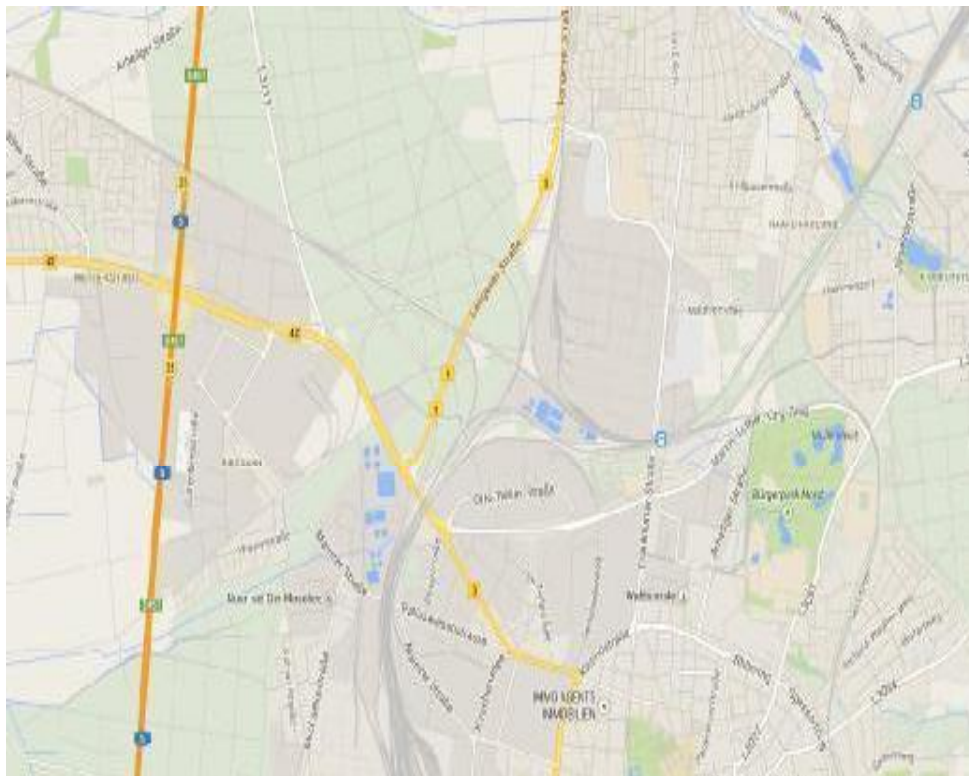
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Registration for the 30. Int. Shinson Hapkido Summer camp 2014

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< Sommerlager 2014 >

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Tel. +49 (0)6151-294703

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Email: sola2014@shinsonhapkido.org

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