



# 20. Sailing trip

## SHINSON HAPKIDO

Movement for Life



In the rhythm of the tides

Sailing on the

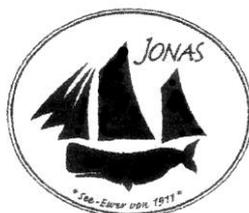
-JONAS VON FRIEDRICHSTADT-

May 13 to 20, 2022

in the North Sea Wadden Sea

Departure and arrival in Husum / Germany

OVAE YU  
NAE KANG



Outside gently flowing  
inside clear stable



# Shin Son Hap Ki Do sailing tour 2022 in the North Sea Wadden Sea - May 13 to 20, 2022

With captain Stefan Schremmer  
Bu-Sonsanim Christoph Albinus 5.Dan  
Sabomnim Bernhard Tessmann 4. Dan



Shinson Hapkido teaches how to maintain, protect and heal oneself and others in a natural way by balancing body, mind and vitality through a balanced lifestyle.

It is the goal of Shinson Hapkido to rediscover and develop humanity and love of nature in community with others.

With this basic idea in mind, we would like to organize a sailing trip in the North Sea Wattenemer, in which 20 people can participate.

Since there is not unlimited space on the boat, everyone should be willing to use his/her own ego for the good of the community.

We are moving with nature, so the schedule will adapt to weather conditions and circumstances. Every day we will go somewhere else to move on land and we will also deal with theoretical topics.

The complete schedule is still a surprise.

Please do not have so many expectations and bring a good attitude.



The 20th sailing trip takes place with the official permission of the Shinson Hapkido Association. The teaching will be based on the 5 teaching methods of the founder of Shinson Hapkido, Sonsanim Ko Myong.

Start / Meeting	Saturday 13th of May, 6 pm in Husum at the ship/harbour
End / Arrival	Saturday 20th of June in Husum at noon - can also be in the evening
Options on current situation (Covid 19)	- Regulations do not allow the trip ( no costs ) - cancel the trip yourself 50 % have to be paid by yourself - Number of participants could be limited e.g. ( max 14 ) - more detailed arrangements after registration
Registration	to Christoph Albinus <a href="mailto:christoph.albinus@web.de">christoph.albinus@web.de</a> in writing - please state your telephone number Order of registration counts Registration + transfer of the participant fee until April 1 For questions phone +49(0)38755 - 449012
Participation	For all Shinson Hapkido students after consultation with their Kyosanim and other interested people
Costs	<u>560,00 €</u> Fee, incl. training, full board, boat charter, drinks and extras.
Bank transfer	Keyword: Segeln 2022 Sparkasse Schwerin-Mecklenburg BIC. NOLADE21LWL IBAN : DE47 1405 2000 1520 0045 47
Attention	Participation at your own responsibility
Leading	Bu-Sonsanim Christoph Albinus 5.Dan Sabomnim Bernhard Tessmann 4.Dan





# please bring along:

- DOBOK / Chang Bong ab 4. Kup
- Sleeping bag and sheets
- Tracksuit, trainers
- Rain gear, cap, rubber boots
- Enough change of clothes
- Bathing things, washing things, towel
- Identity card
- Songs and musical instrument
- Games, stationery
- a baby, child and youth picture

