



Chon – Jie – In Movement

36. International Shinson Hapkido Pentecost Course 2022



with Sonsanim Ko. Myong



From darkness ...

... to light!

04.06.-06.06.22

**in Groß-Bieberau/Odenwald
near Darmstadt / D**



Int. Shinson Hapkido Pentecost Course



Dear Shinson Hapkido Family, dear Do-Friends,

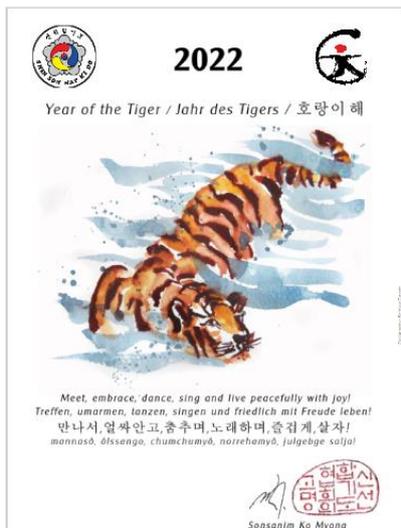
We live in a time in which there are more and more material offers. The flood of information that inundates us day after day is also becoming ever greater. All of this draws our senses outward. In the process, we often lose our very own thoughts and feelings and the desire to move. What we think, feel and do no longer comes from our deepest heart, but is controlled from the outside.

There is more and more knowledge and technology, also in the field of health and medicine. Despite this, doctors' offices and hospitals are always full. There are medicines for (almost) everything; we take them and become dependent on them. Thus our self-healing power becomes weaker and weaker. Everything material - and this includes not only the things we desire and possess, but also knowledge, technologies and power etc. - separates us from our true and clear heart. It directs our thoughts and feelings outward and distances us from our innermost self. It overlays and obscures our inner light. We believe that our material goals are important and run after them. If we don't achieve them, we are disappointed. When we do achieve them, we are briefly happy, but then soon feel empty again and want more. It's like a snowball that becomes an avalanche. And we think we have to run with it to avoid being run over - faster and faster until we feel dizzy.

We fight our inner emptiness with outer things. That is, we fight darkness with darkness. In the end, we are exhausted and have lost our self-confidence. The material goals have become compulsions that determine our entire life - even though they are actually only mirages. But what is really true for us? How do we want to live?

Through our external way of life, body and heart are separated, so that our heart no longer has a home and does not know where it belongs. I ask you: What is the most important thing for you at the moment?

You cannot defeat shadows with shadows, but only with light. We have to look inside again, listen to the voice of our heart and come back to a clear heart, our inner light. Then we can find ourselves again and return home.



How can we feel ourselves and our body and our heart; how can we love ourselves again?
It is important that we move body and heart together again. Then we can hear and see clearly, think and feel clearly, speak and act clearly.

Everyone is a valuable person - the community is valuable! We will train and practice together so that we can experience and feel this:

"I am good, I am beautiful, I can do it!"

I wish you a warm light in your heart and would be happy to see you at our Pentecost course.

Sincerely,

Your

Sonsanim Ko. Myong



Int. Shinson Hapkido Pentecost Course



- When** 04.06.-06.06.22
- Where** Odenwald, 64401 Groß-Bieberau (n. Darmstadt), Albert-Einstein-Schule, Hügelstr.20
- Content** from the Shinson Hapkido program
- * Shinson Hapkido Community and Group Training
 - * Myong Sang / Joint meditation
 - * inner and outer Shinson Hapkido self-defense
 - * Danjeon Hohubop / breathing techniques
 - * Ki-Doin / Ki healing gymnastics for everyday life
 - * Hwal In Bop / natural healing techniques
 - * Tuksu Ho Shin Sul / special defense techniques
 - * Special training in nature
 - * common celebrations and healthy nutrition
 - * Shinson Hapkido - Festival (tournaments)
- Who** **Everyone** can participate, from the slightly physically challenged and newcomers to dan bearers - simply everyone who is interested in Do (the way of wisdom) as well as in the art of movement and healing is welcome. We are especially happy about the participation of older people and families (with children from 14 years).
- Teacher:** **Sonsanim Ko, Myong** (Myong Sang-Teacher, Founder of Shinson Hapkido) as well as many Kyosanim/Teacher from different countries
- To bring:**
- * Training clothes (dobok and tracksuit)
 - * sneakers for outside (street, field)
 - * indoor shoes, please make sure to bring clean extra indoor shoes
 - * Writing utensils
 - * Sleeping bag and air mattress (or sleeping mat, blankets, etc.)
 - * Shinson Hapkido - ID card
 - * Warm clothes
 - * from red belt on: please bring your sticks (bong) with you
- Overnight stay:** The overnight accommodations are not yet fixed at the time of writing this announcement.
- Variant 1: We can stay overnight in the school/hall with sleeping bag/mat as in previous years.
- Variant 2: If it is NOT possible to stay overnight in the school/hall, we offer overnight accommodations in the Chon Jie In-Haus Webern or in the Center Dojang Darmstadt (please bring sleeping bag and sleeping mat for this as well). Alternatively, you can of course freely choose another accommodation and organize it yourself.
- Specialties:** We are pleased to welcome guests from Korea for this year's Whitsun Course: the President of She Sung-Kwan Hapkido, Grandmaster Jung, Ik Chul, 8th Dan and his son, Master Jeong, Sang Woo, 4th Dan, who will teach as a special instructor.
- Corona:** All participants are requested to take a Corona test (self-test or official rapid test) before the start of the course. In case of a positive result, please refrain from participation.
- Organizer:** Int. Shinson Hapkido Association e.V., Liebigstrasse 27, 64293 Darmstadt, Tel.: +49 (0)6151 - 29 47 03, Fax +49 (0)6151 - 29 47 33, Email: info@shinsonhapkido.org, <http://www.shinsonhapkido.org>
- Costs:** **140,- €** for holders of a Shinson Hapkido - Pass, **180,- €** for all others.
- The participation fee includes accommodation & meals, as well as drinks at meal times. Additional drinks and snacks can be purchased at the kiosk.
- Deadline:** **16.05.22** (Postmark date)
- Registration:** The registration takes place via the respective Shinson Hapkido Dojang. The participation fee is to be paid at the same time as registration in the dojang. Attention Shinson Hapkido dan bearers: please indicate dan degree and ki when registering.
- Please send the registrations to the Association in Darmstadt. The collected fees will be handed over directly before the beginning of the course in Groß-Bieberau.



Int. Shinson Hapkido Pentecost Course



If you are not a member of a Shinson Hapkido school, please send your registration directly to info@shinsonhapkido.org and pay the participation fee before the course starts in Groß-Bieberau.

Cancellations are only possible until 28.05.22 and must be reported in writing (by e-mail) to ISHA. In this case 80% of the participation fee can be refunded. In case of later cancellation or non-attendance at the course, the complete course fee must be paid! We ask for your understanding.

We kindly ask you not to enter the halls with dirty shoes, not to smoke in your training clothes and not to throw away cigarette butts, wrappers, etc. in the surrounding area. We would like to show our gratitude to the mayor, the school director and the people of the village by keeping order and not leaving them work but joy

Daily program

Pentecost Saturday

from 12.00 Welcome, meeting & check-in in the cafeteria.
12:30 Meeting of the teachers
13:00 Welcome with fruit buffet
14:00 - 15:00 Community training in the large sports hall
15.30 - 17.00 Group training
17.00 - 18.00 Community training
18.30 - 19.30 Lecture, topic: "Meet, embrace, dance, sing and live peacefully with joy!"
from 20.00 singing - eating - joke-time: korean dinner, afterwards social gathering

Pentecost Sunday

05.30 Getting up
06.00 - 07.00 independent, light gymnastics, joint meditation; then morning run through nature and joint exercise
07.30 - 08.30 singing together, then breakfast
09.30 - 10.30 a.m. community exercise
10.30 - 12.00 group training
12.30 - 13.30 singing - eating - joke time (big salad buffet)
14.30 - 16.00 Group training
16.30 - 17.30 Community Training
18.00 - 19.00 Singing - Eating - Joke Time
19.30 - 20.30 Group discussion on the topic of the lecture (see above)
afterwards social gathering



Int. Shinson Hapkido Pentecost Course



Pentecost Monday

05.30 Getting up

06.00 - 07.00 independent, light gymnastics, common meditation; then morning run through nature and common movement

07.30 - 08.30 singing together, then breakfast

09.30 - 11.00 a.m. community photo and then community exercise

11.30 - 13.00 Shinson Festival (Tournament)

* flying fall techniques

* Form run

* Own creations - with big prize!!!

(free form, group acrobatics, about 2-5 min).

No violence is allowed to be shown. The rule is: with each other, not against each other. The SH basic idea of "reuniting what has been separated" must not be lost. The clothing, the use of objects and music is optional.

Those who would like to show their own creation together with others or alone are asked to submit the theme and a short description of the content with the registration (please be clear & concise).

13.30 h Award ceremony, handing out of certificates of participation to all course participants

14.00 Farewell barbecue with personal experience reports
Das gesamte Geschirr für die angekündigten Mahlzeiten wird von uns vorbereitet. Wir werden ein reichhaltiges Essen aus frischen und gesunden Zutaten bieten.

**We wish you a lot of fun and a good journey to and from the event.
The participation and the arrival and departure are at your own risk.**



Registration

Dojang (School): _____

Teacher: _____

Tel.: _____

Participation fee: € 140,- for holders of a Shinson Hapkido pass, otherwise € 180,-.

The registration takes place via the respective Shinson Hapkido Dojang. The participation fee is to be paid at the same time as registration at the dojang. Attention Shinson Hapkido Dan-bearers: please indicate Dan-degree and Ki when registering.

Please send the registrations to verwaltung@shinsonhapkido.org by the dojang leaders or responsible persons. The dojang leaders or their representatives will hand over the collected participation fees before the beginning of the course in Groß-Bieberau.

If you are not a member of a Shinson Hapkido school, please send your registration directly to info@shinsonhapkido.org and pay the registration fee immediately before the course starts.

Cancellations are possible until 28.05.22 and must be reported in writing/by e-mail to ISHA.

In this case 80% of the participation fee can be refunded.

In case of later cancellation or no-show for the course, the complete course fee has to be paid! Thank you for your understanding.

Registration deadline: 16.05.22 (receipt of registration lists)

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

The organizer assumes no liability for lost items.

International Shinson Hapkido Association e.V., Liebigstrasse 27, 64293 Darmstadt

Tel.: +49 (0)6151 – 294703

Email: info@shinsonhapkido.org, <http://www.shinsonhapkido.org>

Registration : Please write legibly:

| Nr. | Name | Forename | Phone | Age | Kup | Ki + Dan |
|-----|------|----------|-------|-----|-----|----------|
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