



Chon – Jie – In Movement

35th International Shinson Hapkido Pentecost Training Course 2021



with **Sonsanim Ko. Myong**



From the darkness...

...to the light!

22.05. – 23.05.2021

Videoconference training course



Int. Shinson Hapkido Pentecost Training Course



Dear Shinson Hapkido family, dear Do friends,

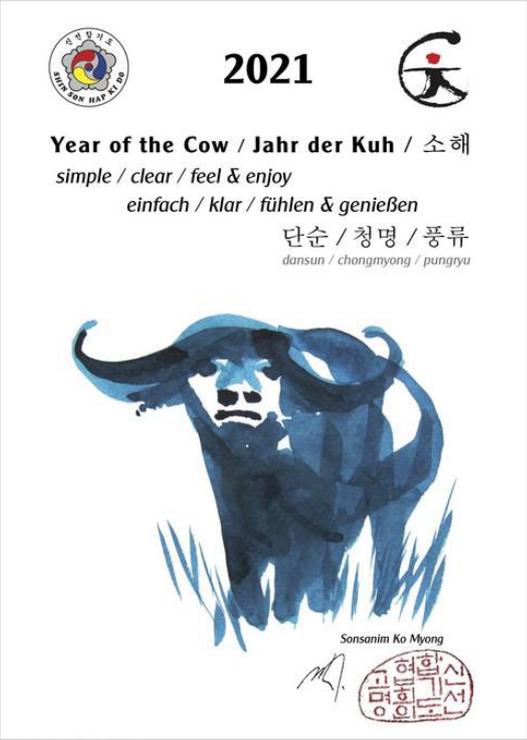
we live in a time in which there are more and more material offers. The flood of information that floods us day by day is also becoming ever greater. All this draws our senses to the outside. We often lose our very own thoughts and feelings and the desire to move. What we think, feel does no longer come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

There is more and more knowledge and technologies, also in the field of health and medicine. Nevertheless, medical practices and hospitals are always full. There are medicines for (almost) everything; we take them and become dependent on them. As a result, 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 outwards and distances us from our innermost self. It overlays and hides our inner light. We believe that our material goals are important and we chase them. If we do not achieve them, we are disappointed. If we achieve them, we are happy for a short time, but soon feel empty again and want to have more. It is like a snowball that turns into an avalanche. And we think we have to run with it to avoid being run over - faster and faster and faster until we get dizzy.

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

Our outer way of life separates body and heart, so 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 right now?

You cannot defeat shadows with shadows, but only with light. We must 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.

 <p>2021</p> <p>Year of the Cow / Jahr der Kuh / 소해 <i>simple / clear / feel & enjoy</i> <i>einfach / klar / fühlen & genießen</i> 단순 / 청명 / 풍류 <i>dansun / chongmyong / pungryu</i></p> <p>Sonsanim Ko Myong</p> <p><small>Calligraphy „Bleating Bull“ by Bettina Stock</small></p>	<p>How can we feel ourselves and our body and our heart; how can we love ourselves again? It is important that we move our 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:</p> <p>"I am good, I am beautiful, I can do it!"</p> <p>I wish you a warm light in your heart and would be happy to see you at our Pentecost training course.</p> <p>Sincerely, Your</p>  <p>Sonsanim Ko. Myong</p>
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Int. Shinson Hapkido Pentecost Training Course



- When** 22.05. – 23.05.2021
- How** **Videoconference training course** (explanations follow on the next pages)
Content from the Shinson Hapkido program
- * Shinson Hapkido community and group training
 - * Myong Sang / Common Meditation
 - * inner and outer Shinson Hapkido self-defense
 - * Danjeon Hohubop / breathing techniques
 - * Ki-Doin / Ki-healinggymnastics for everyday life
- Who** **Anyone** can participate, from the slightly physically handicapped and newcomers to blackbelts - simply anyone who is interested in Do (the path of wisdom) as well as in the art of movement and healing is welcome. We are especially happy about the participation of elderly people and families.
- Teachers:** **Sonsanim Ko, Myong** (Myong Sang-teacher, founder of Shinson Hapkido) and several Kyosanim/teachers from different countries
- Provide:**
- * we train, also by video conference, in the Dobok
 - * about 2x2m space
 - * suitable base. For example, a gymnastics mat
 - * from red belt: please have your sticks (bong) ready
- Orgnizer:** 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:** **no fees**
Note: There is no entry in the Shinson Hapkido Pass for this course
- Registration deadline:** 15.05.2021
- Registration:** The registration takes place exclusively by email to teletraining@shinsonhapkido.org.
Attention: Please indicate the following when registering:
- * full name
 - * Dojang
 - * Belt grade

Daily programme

The length of the individual programme items is not yet sufficiently predictable and may change if necessary.

Pentecost Saturday	from 4.50 p.m. start 5 p.m.	Log in (explanations follow on the next pages) Welcome, lecture and community training with Sonsanim Ko Myong
	5.30 p.m.	Group training
	6.30 p.m.	Community training
	from 6.50 p.m.	Exchange in small groups
Pentecost Sunday	from 4.50 p.m. start 5 p.m.	Log in Community training
	5.20 p.m.	Group training
	6.30 p.m.	Community training
	6.50 p.m.	Community singing and 'Joke-Time'
	from 7.10 p.m.	Exchange in small groups



Explanation of the video conferencing course

Why a video conferencing course?

Why not on Pentecost Monday?

At the moment, in a time of change and constant adaptation, we feel the connection with you and the Shinson Hapkido family. Nevertheless we feel the need to meet with you. Since this is physically not possible at the moment, it is our great concern to give all members the opportunity to meet and come together in our community as one big family. Right now, despite or in spite of the adverse circumstances, we want to hold on to the message and the goal of this course "from darkness to light".

We thank Sonsanim, the founder and main organizer responsible for the International Shinson Hapkido Pentecost Training Course and for giving us not only the permission but also the mandate to design the Pentecost Training Course in this unusual way. Sonsanim's and all of our intentions in all previous Pentecost Courses was and is to put aside the machines, such as mobile phones, watches, computers etc. for a weekend and concentrate fully on our inner light, the community and life in the here and now as well as the meeting with nature. Nevertheless we want to use modern technical possibilities to connect, to walk our path together and to learn Do. In addition, we invite you to go out into nature on Pentecost and meditate on Sunday and Monday mornings in communion, each for himself.

Program / App

The videoconferencing course takes place using the free Zoom program, which you should download or install beforehand:

www.zoom.us/download

The access data (direct link as well as meeting ID and password) for the video conference training course will be sent to all registered participants by email well in advance.

(We are not creating the room yet, as we do not know how many participants we will have. If we have a large number of participants, we will have to upgrade our account beforehand.)

Group classification

In order to be able to assign you to the group training during the ongoing video conference, we use the following system (unfortunately, it is not technically possible to assign you before the video conference begins). Each participant writes a number in front of his or her name according to his or her belt grade. Or if you want to join the KiDoIn group write number 10. Please choose your number from the list below and name yourself accordingly.

If you use a screen with more than one person, you will have to decide on one group training.

Table with 3 columns: Gürtelgrad (with color swatches), KiDoIn-group, and Nummer. Rows include White Belt (0), Yellow Belt (9), Orange Belt (8), Green Belt (7), Blue Belt (6), Blue-Red Belt (5), Red Belt (4), Red-Brown Belt (3), Brown Belt (2), Brown-Black Belt (1), and 1. Dan (11) through 5. Dan (15).

Example for family Fahrholz:
Janina Fahrholz Red Belt
Name in Zoom: 4 Janina Fahrholz
Lennart Fahrholz 3. Dan
Name in Zoom: 13 Lennart Fahrholz
Janosch Fahrholz Green Belt
Name in Zoom: 7 Janosch Fahrholz
Mika Fahrholz White Belt
Name in Zoom: 0 Mika Fahrholz

Note: It is planned that all Dan holders from 2nd Dan onwards train together in one group.



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When you open a new zoom account or join a zoom videoconference, you can enter your name. To change your name during a zoom videoconference, you must do the following:

1. click on Participants at the bottom of the command bar, approximately in the middle of the screen.
2. scroll over your name in the upper right corner of your browser (PC) and click on More.
In the app (Tablet/Smartphone), 'tap' on your name. Then the 'Rename' window opens directly.
3. select rename.
4. enter the corresponding number, your name and confirm

Safety aspects

You need about 2x2m space. Make sure that you have enough space towards the ceiling. Be careful with hanging lamps etc.

You should not wear socks and make sure you have a non-slip surface. We recommend that you use a gym mat as an underlay. It is extremely important that your mat does not slip and that you do not slip on your surface.

We are happy if you are there with a lot of energy and underline your zest for action with one or the other strong kihap, but please also think of your neighbours and subtenants. This also applies to exercises that involve jumping/jumping. So if you do not live on the ground floor and feel you might disturb someone, please adjust the exercises. The same applies to you if you have physical limitations such as knee problems.

Unlike the training in our Dojang, the Kyosanim (teacher) cannot see all students, take precautions or give warnings. So it is important that you yourself pay attention and train appropriately for yourself, your environment and your body.

Vidiquette (rules of conduct during the video conference)

We insist not to record the course or parts of it and/or distribute it in other channels (Youtube etc.).

During the video conference the technical moderator will mute your microphones. Please do not use them during the community training sessions, otherwise the noise and interference will be too strong. In the group trainings the Kyosanim (teacher) has to decide this because of the group size. Some selected microphones will remain on during the community training to create atmosphere.

Last but not least we would like to ask you to turn on the camera function during the training. The group dynamics and the sense of community live from the fact that we can see each other and that the screens do not stay black.

**We look forward to you and to the community
and we hope you have fun during the course.**