



International

SHINSON HAPKIDO

Movement and self-defense art from Korea



Country course Austria with Sonsanim Ko. Myong

Meditation and martial arts master, founder of Shinson Hapkido

Vienna, May 3 - 5, 2024



SHINSON HAPKIDO COUNTRY COURSE AUSTRIA 2024



We cordially invite you to a weekend course with Sonsanim Ko. Myong!

When?	May 3 - 5, 2024
Where?	<ul style="list-style-type: none">• Dojang Vienna 1, Pfeilgasse 42a, 1080 Vienna• AMIDA ZENTRUM, Neubaugasse 12-14/2/14, 1070 Vienna
Content?	Chon-Jie-In Myong Sang / Meditation Danjon Hohupbop / Breathing technique Shinson Ki Do In / Healing gymnastics Shinson Hapkido training Community training Discussion and advice
Who can take part?	Anyone can take part! Whether young or old, beginner or advanced, coming from other martial arts, or simply curious: All are welcome! (We ask people with special needs or restrictions to contact us personally before registering).
Materials required?	Shinson Hapkido card (if available) Shinson Hapkido Dobok or simple sportswear From 4.Kup: Chang Bong Dan holders: Long and short stick Indoor shoes or warm socks Writing utensils Possibly a meditation cushion (for morning meditation)
Management?	Sonsanim Ko. Myong, founder of Shinson Hapkido Sabomnim Laszlo Martos, 4th Dan Official Shinson Hapkido teachers
Organizer?	Shinson Hapkido Austria, Dojang Vienna 1 Bu-Sabomnim Norbert Teufelbauer The event takes place with the official permission of the International Shinson Hapkido Association e.V.
Costs?	Adults: € 95,- Children (between 6 and 14 years) € 40,- The fee must be paid in cash at the time of registration.
Application deadline?	April 15, 2024

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SCHEDULE

FRIDAY, May 3, 2024

DOJANG VIENNA1, PFEILGASSE 42A, 1080 VIENNA

18.00 - 21.00 **Shinson Hapkido training from 4.Kup (red belt)**

SATURDAY, May 4, 2024

DOJANG VIENNA1, PFEILGASSE 42A, 1080 VIENNA

from 9.00 a.m. **Registration**
10.00 - 11.00 a.m. **Community training for all**
11.00 - 12.30 a.m. **Group training**
12.30 - 14.30 Lunch break
14.30 - 16.00 **Group training**
16.00 - 17.00 **Community training for all**

RESTAURANT MITTENDRIN/VINZIRAST, WÄHRINGER STRASSE 19, 1090 VIENNA

from 18:30 Dinner and party together.
Free donation for the party - the proceeds will go to VinziRast, an organization that supports homeless people (www.vinzirast.at).

SUNDAY, May 5, 2024

AMIDA ZENTRUM, NEUBAUGASSE 12-14/2/14, 1070 VIENNA

5:45 - 7:00 a.m. **Meditation and gymnastics**
Followed by breakfast together (at cost price):
BAKERY FELBER, LERCHENFELDERSTRASSE 38, 1080 VIENNA

DOJANG VIENNA1, PFEILGASSE 42A, 1080 VIENNA

10:00 - 11:00 **Health training for everyone aged 6 and over**
11:00 - 12:30 **Community training**
13:00 - 14:00 **Question time with Sonsanim Ko Myong**

More information at www.shinsonhapkido.at

The current hygiene regulations must be observed. Short-term changes to the program are possible.

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Declaration of consent

I hereby agree to the participation of my child

Name of the child

to participate in the Shinson Hapkido country course Austria from May 3 - 5, 2024 in Vienna.

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 he/she must follow the instructions of the responsible persons (Shinson Hapkido teachers/chaperones). **Subsequent objection is excluded!**

Name of the legal guardian

Address of the legal guardian

Telephone number* (please include country code) of the parent/guardian

* Please indicate a telephone number where we can reach you on this weekend!

Date and signature of the legal guardian(s)