

	<p><i>Chon - Jie - In motion</i></p> <h1>38th International Shinson Hapkido Whitsun Course 2024</h1>	
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with Sonsanim Ko. Myong



From darkness ...

... to the light!

18.05. - 20.05.2024

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





International Shinson Hapkido Whitsun Course



Dear Shinson Hapkido family, dear Do friends,

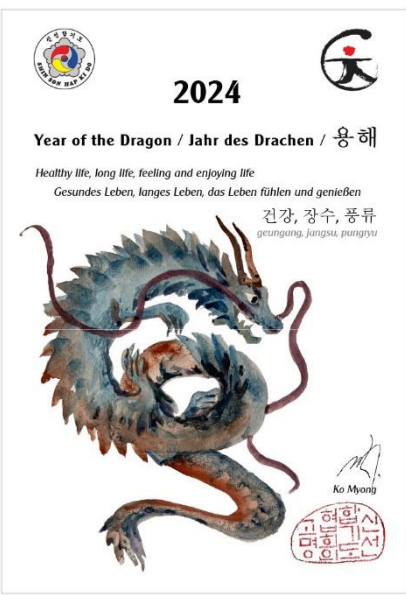

We live in a time in which there are more and more material offers. The flood of information that inundates us day after day is also increasing. All of this draws our senses outwards. In the process, we often lose our very own thoughts and feelings and the desire to move. What we think, feel and do no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

There is more and more knowledge and technology, including in the field of health and medicine. Despite this, doctors' surgeries and hospitals are always full. There is medication for (almost) everything; we take it and become dependent on it. As a result, our self-healing power is becoming weaker and weaker. Everything material - and this includes not only the things we desire and possess, but also knowledge, technology 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 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. If we do achieve them, we are briefly happy, but then soon feel empty again and want more. It's 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 until we get dizzy.

We fight our inner emptiness with external things. In other words, we fight darkness with darkness. In the end, we are exhausted and have lost our self-confidence. Material goals have become compulsions that determine our entire lives - even though they are actually just illusions. But what is really true for us? How do we want to live?

Our outward way of life separates the body and the 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 at the moment?

You cannot defeat shadows with shadows, but only with light. We have to look inwards 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>2024 Year of the Dragon / Jahr des Drachen / 용해 Healthy life, long life, feeling and enjoying life Gesundes Leben, langes Leben, das Leben fühlen und genießen 건강, 장수, 풍류 geungang, jangsu, pungryu Ko Myong</p>	<p>How can we feel ourselves, our bodies and our hearts; 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.</p> <p>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'm good, I'm beautiful, I can do it!"</p> <p>I wish you a warm light in your heart and would be delighted to see you at our Whitsun course.</p> <p>Sincerely, Yours</p>  <p>Sonsanim Ko. Myong</p>
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International Shinson Hapkido Whitsun Course



- When** 18. - 20.05.2024
- Where** Odenwald, 64401 Groß-Bieberau (near Darmstadt), Albert-Einstein-Schule, Hugelstr. 20
- Contents of the Shinson Hapkido program**
- * Shinson Hapkido community and group training
 - * Myong Sang / Joint meditation
 - * internal and external Shinson Hapkido self-defense
 - * Danjeon Hohubop / breathing techniques
 - * Ki-Doin / Ki remedial gymnastics for everyday life
 - * Hwal In Bop / Naturopathy
 - * Tuksu Ho Shin Sul / Special defense techniques
 - * Special training in nature
 - * Joint celebrations and healthy eating
 - * Shinson Hapkido - Festival (Tournaments)
- Who** **Anyone** can take part, from the slightly physically challenged and newcomers to dant holders - simply anyone who is interested in Do (the way of wisdom) and the art of movement and healing is very welcome. We are particularly pleased about the participation of older people and families (with children aged 14 and over).
- Teachers:** **Sonsanim Ko, Myong** (Myong Sang teacher, founder of Shinson Hapkido) and several Kyosanim/teachers from different countries
- Bring along:**
- * Training clothes (Dobok and tracksuit)
 - * **Outdoor sneakers (street, field)**
 - * **Indoor shoes, please be sure to bring clean extra indoor shoes**
 - * Writing utensils
 - * Sleeping bag and air mattress (or sleeping mat, blankets etc.)
 - * Shinson Hapkido - ID card
 - * Warm clothing
 - * from red belt: Please bring your sticks (bong) with you
- Overnight stay:** It will be possible to spend the night in the school, in rooms prepared for this event, with sleeping bags/mats brought along. Alternatively, you are of course free to choose and organize your own accommodation.
- Organizer:** Int. Shinson Hapkido Association e.V., Liebigstrasse 27, 64293 Darmstadt, Phone: +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 mealtimes. Additional drinks and snacks can be purchased at the kiosk.
- Application deadline:** **05.05.24** (date of postmark)
- Registration:** The registration takes place via the respective Shinson Hapkido Dojang. The participation fee must be paid at the time of registration at the dojang. Attention Shinson Hapkido Dan holders: please indicate Dan grade and Ki when registering.
The dojang leaders or responsible persons should send the registrations to the Association in Darmstadt. The collected participation fees will be handed over directly before the start of the course in Gro-Bieberau.
If you are not a member of a Shinson Hapkido school, please send your registration directly to info@shinsonhapkido.org and pay the course fee before the course starts in Gro-Bieberau.

Cancellations are only possible until 15.05.24 and must be reported to ISHA in writing (by e-mail). In this case, 80% of the participation fee can be refunded. If you cancel later or do not show up for the course, the full course fee must be paid! We ask for your understanding.



International Shinson Hapkido Whitsun Course



We kindly ask you not to enter the halls with dirty shoes, in a tracksuit not to smoke and not to throw away cigarette butts, packaging etc. in the vicinity.

We would like to express our gratitude to the mayor, the school principal and the village population. We also show them that we keep things tidy and don't leave them work, but joy.

Daily program

Whit Saturday	from 12.00 noon	Welcome, meeting & check-in in the cafeteria
	12.30 p.m.	Teachers' meeting
	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
	6.30 - 7.30 p.m.	Lecture, topic: " Healthy life, long life, feeling and enjoying life ", additional topic/title: „ Chon Jie In Undong, CJI – Bewegung, CJI – Movement “
	from 8.00 p.m.	Singing - Eating - Joke-Time: Korean dinner, followed by a social get-together
Whit Sunday	05.30 a.m.	Get up
	06.00 - 07.00	Independent, light gymnastics, joint exercises Meditation; followed by a morning run through nature and exercise together
	07.30 - 08.30	Singing together, then breakfast
	09.30 - 10.30	Community training
	10.30 - 12.00	Group training
	12.30 - 13.30	Singing - Eating - Joke Time (large salad buffet)
	14.30 - 16.00	Group training
	16.30 - 17.30	Community training
	18.00 - 19.00	Sing - Eat - Joke Time
19.30 - 20.30	Group discussion on the topic of the lecture (see above) followed by a social get-together	



International Shinson Hapkido Whitsun Course



Whit Monday

05.30 a.m.	Get up
06.00 - 07.00	Independent, light gymnastics, joint meditation; followed by a morning run through nature and joint exercise
07.30 - 08.30	Singing together, then breakfast
09.30 - 11.00	Community photo followed by community training
11.30 - 13.00	Shinson Festival (Tournament) <ul style="list-style-type: none">* Flight case techniques* Form run* Own creations - with a big prize!!! (free form, group acrobatics, approx. 2-5 min) No violence may be shown. The rule is: with each other, not against each other. The basic SH idea of "reuniting the separated" must not be lost. Clothing, the use of objects and music are optional. Anyone who would like to show their own creation together with others or alone is asked to submit the theme and a brief description of the content with their registration (please be clear and concise).
1.30 p.m.	Award ceremony, distribution of certificates to all course participants
14.00	Farewell barbecue with personal experience reports

All dishes for the announced meals will be prepared by us. We will offer a rich meal made from fresh and healthy ingredients.

We hope you enjoy taking part and wish you a safe journey to and from the event.

Participation and 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,-**

Registration takes place via the respective Shinson Hapkido Dojang. The participation fee must be paid at the time of registration at the dojang. Attention Shinson Hapkido Dan holders: please indicate Dan grade and Ki when registering.

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

Interested parties who do not belong to a Shinson Hapkido school are requested to send their registration directly to info@shinsonhapkido.org and to pay the participation fee on site immediately before the start of the course.

Cancellations are possible until 15.05.24 and must be reported to ISHA in writing/by e-mail. In this case, 80% of the participation fee can be refunded.

If you cancel later or do not attend the course, the full course fee must be paid! Thank you for your understanding.

Registration deadline: 05.05.24 (receipt of registration lists)

**Participation as well as arrival and departure are at your own risk.
The organizer accepts no liability for lost items.**

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

Phone: +49 (0)6151 - 294703

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

Registration: Please write legibly:

No.	Name	First name	Telephone	Age	Copper	Ki + Dan

