

AUTUMN COURSE 2025

Organizer: Shinson Hapkido Dojang Hamburg 1, Suyang e. V.

Instructor: Sabomnim Lidija Kovac'ic', 4th Dan

COURSE WITH GRAND MASTER
KO MYONG



SHINSON HAPKIDO

EAST ASIAN MOVEMENT AND HEALTH
TRAINING

NOVEMBER 7-9
HAMBURG

Welcome to Shinson Hapkido training for everyone:
beginners, advanced practitioners,
Those who are curious and interested in other martial arts.



AUTUMN COURSE 2025

WE INVITE WELCOME

to a weekend course full of exercise, fun, and camaraderie for everyone. Whether young or old, with or without experience in movement and martial arts – everyone is welcome to train with us.



WHEN 7. – NOVEMBER 9, 2025

- WHERE**
- Shinson Hapkido School Altona, Dojang Hamburg 1
Friedensallee 44, 22765 Hamburg
 - Sports hall – Barlsheide School, Bornheide 2
22549 Hamburg Osdorf

- CONTENT**
- Chon-Jie-In Myong Sang / Meditation
 - Danjeon Hohupbop / Breathing Technique
 - Shinson Ki Do In Bop / Therapeutic exercises for everyday life
 - Shinson Hapkido training
 - Group training
 - Discussion and consultation

- WHO**
- Everyone can participate, including beginners, advanced practitioners, and those interested in other martial arts and movement arts.
The training is also suitable for people with disabilities.

- BRING**
- Shinson Hapkido ID card
 - Light clothing or Shinson Hapkido dobok
 - From 4th Kup: Chang Bong
 - Indoor shoes or warm socks
 - Writing materials
 - For overnight stays in the dojang: sleeping bag and air mattress or similar.

- TEACHERS**
- Sonsanim Ko Myong, founder of Shinson Hapkido / Korea
Author of "Movement for Life"
 - Official Shinson Hapkido teachers

- ORGANIZER**
- Shinson Hapkido School Altona, Suyang e.V. Friedensallee
44, 22765 Hamburg, Tel. 040 - 89 13 98 Dojang
management: Sabomnim Lidija Kovac' ic'
 - The event is taking place with the official approval of the
International Shinson Hapkido Association e.V.

- COSTS**
- Adults: €80 / Reduced rate: (senior citizens, students, job seekers) €60
 - Children / young people aged 6–17: €40

➔ REGISTRATION DEADLINE: MONDAY, OCTOBER 27, 2025

SCHEDULE + ADDRESSES



→ FRIDAY, NOVEMBER 7

SHINSON HAPKIDO SCHOOL ALTONA
FRIEDENSALLEE 44
22765 HAMBURG ALTONA

6:30 p.m. – 8:30 p.m. Training from 1st Kup Shinson Hapkido

→ SATURDAY, NOVEMBER 8

SPORTS HALL – BARLSHEIDE SCHOOL
BORNHEIDE 2
22549 HAMBURG OSDORF

10:00 Group training for everyone

11:00 Group training

12:30 Lunch

2:30 p.m. – 4:00 p.m. Group training

4:00 p.m. – 5:00 p.m. Community training

SHINSON HAPKIDO SCHOOL ALTONA
FRIEDENSALLEE 44
22765 HAMBURG

From 6:30 Casual get-together and dinner

→ SUNDAY, NOVEMBER 9

SHINSON HAPKIDO SCHOOL ALTONA
FRIEDENSALLEE 44
22765 HAMBURG ALTONA

5:45 Preparation

6:00 – 7:00 Meditation and gymnastics

7:30 Breakfast

SPORTS HALL – BARLSHEIDE SCHOOL
BORNHEIDE 2
22549 HAMBURG OSDORF

10:00 Health training for everyone aged 6 and above

11:00 Group training

1:00 p.m. – 2:00 Discussion with Sonsanim Ko Myong

ADDRESSES



SHINSON HAPKIDO SCHOOL ALTONA

FRIEDENSALLEE 44, 22765 HAMBURG, ALTONA

The Shinson Hapkido School is located on the first floor at the rear of Friedensallee 44. It is about a 5-minute walk from the Ottensen S-Bahn station. The 37 express bus stops a few meters from the dojang.

SPORTS HALL – BARLSHEIDE SCHOOL

BORNHEIDE 2, 22549 HAMBURG OSDORF

You can get there by public transport with the S1 to Groß-Flottbek, then continue with bus line 21 (towards U-Niendorf) or from Altona with bus line 16 to Grubenstieg, from where it is a three-minute walk.

Parking spaces are available on the school grounds!

AUTUMN COURSE 2025

REGISTRATION

ABOUT THE SHINSON HAPKIDO AUTUMN COURSE
NOVEMBER 7–9, 2025 IN HAMBURG



COSTS

Adults: €80 / Reduced rate: (senior citizens, students, job seekers) €60 /
Children + young people aged 6–17: €40 A declaration of consent from a
legal guardian
is required for all participants under the age of 18.

REGISTRATION

Please register through your dojang;
Individuals / guests can register by fax, email, or before the start of
the course.
Cancellations are possible until October 27, 2025. If you cancel
after October 31, the full participation fee must be paid. We ask for
your understanding in this matter.

REGISTRATION

Shinson Hapkido School Altona / Suyang e.V.
Tel. / Fax: 040 - 89 13 98, E-mail: kontakt@suyang.de

→ **REGISTRATION DEADLINE: MONDAY, OCTOBER 27, 2025**

SCHOOL / DOJANG MANAGEMENT

ADDRESS

TEL/FAX

E

Participation is at your own risk. We cannot be held
liable for any items you bring with you.

				ACCOMMODATION IN THE DOJANG: PLEASE TICK THE BOX!		SIGNATURE
	NAME	AGE	KUP/ DAN	FRIDAY	SATURDAY	
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IN THE DOJANG:
PLEASE TICK THE BOX!

	NAME	AGE	KUP/ DAN	FRIDAY	SATURDAY	SIGN
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DECLARATION OF CONSENT



I hereby agree to my child's participation

FIRST NAME

LAST NAME

in the Shinson Hapkido Autumn Course,
from November 7 to 9, 2025, in Hamburg.

I am familiar with the teaching methods of Shinson Hapkido and I
aware that participation is at my own risk. I have also informed my child that the instructions of the
responsible persons

(Shinson Hapkido instructors or supervisors) must be followed at all times.

DATE

SIGNATURE OF A LEGAL GUARDIAN

NAME OF THE LEGAL GUARDIAN

ADDRESS OF THE LEGAL GUARDIAN

→ TELEPHONE NUMBER OF THE LEGAL GUARDIAN (PLEASE BE SURE TO INCLUDE THIS INFORMATION)

To be on the safe side, please give your child a health insurance
card and/or the necessary health insurance details:

HEALTH INSURANCE COMPANY / OFFICE

NAME OF MEMBER

DATE OF BIRTH OF MEMBER