



26th International

# Shinson Hapkido

Children & youth special course 2025



**Chong Mu Chong Shim**

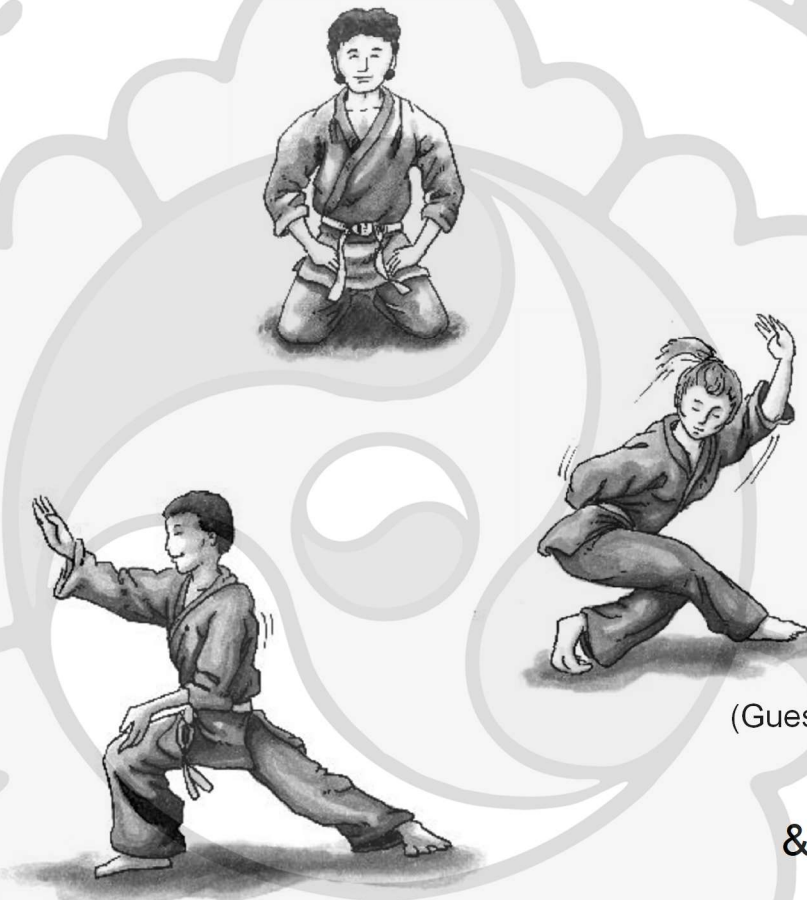
For a healthy body and a clear heart

from May 2 to 4, 2025

in

**Elsenborn**

**Belgium**



with

**Sonsanim Ko Myong**

(Guest of honor & founder of Shinson Hapkido)

**Sabomnim Lidija Kovacic**

**& Bu Sonsanim Christian Schmidt**

(overall management)

**Bu Sonsanim Kurt Brück**

(Organization)



# 26th International Shinson Hapkido Children & Youth Special Course 2025



Dear parents and teachers,  
Dear children and young people,  
under the motto:

**"How can our children and young people become people with a big heart?"**

started this course many years ago with great interest.

Today we live in a world in which the order of what is important has changed. It is not the heart, humanity and breathing properly that come first, but more and more material security, technology, performance and speed. The dependence on these things has almost developed into a kind of faith. The heart, humanity and proper breathing are forgotten as a result and so body and spirit, man and nature, human and human being are separated from each other. This development is very regrettable.

Our work with children and young people is intended to overcome this separation so that we can come closer to ourselves and regain confidence/faith in ourselves. Once we have learned to "breathe" properly again, we can also start to work with techniques.



2025



Year of the Snake / Jahr der Schlange / 뱀해

Comfort, Praise, Hope  
Trost, Lob, Hoffnung

위로 격려 희망  
uira, kyakyo, haimang



위로 격려 희망

Through the Shinson Hapkido teaching method of *"trust, respect, patience, humility and love"* we will gain courage and hope during the course. We will learn to feel again that heaven-earth-man, you and I, the world is one and with the guiding principle *"I am beautiful, I am good, I can do it"* our community will grow. Our work in the community should also free us from oppression, feelings of guilt (family, school and society) and inner wounds so that we can all live in peace.

If you want to become a "great person", you can't just live with your head, you have to listen to your inner voice. IQ (intelligence, knowledge) and EQ (emotions, attitude to life and MQ (humanity)) must grow together. Knowledge is also important, but it is something learned and comes from the outside. A sense of life, on the other hand, comes from within and is a gift of nature.



Ko Myong



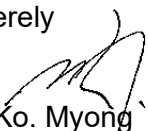
During the three days of the course, participants train, work, but also sing, make music and learn to live together and in harmony with nature. Healthy eating and breaking bad habits are also part of the course.

Please have confidence in us and don't worry. Together with many qualified teachers, we work to ensure that the children and young people get a healthy body and a clear heart, that they treat each other with courage, responsibility and respect and live with love and laughter. We hope that everyone can go home full of joy and hope after the course.

I thank you for your trust and support and wish you and your family a life in good health and full of warm, radiant Ki.

**The children and young people of today are the world of tomorrow!**

Yours sincerely



Sonsanim Ko. Myong

President, Int. Shinson Hapkido Association e.V.



## 26th International Shinson Hapkido Children & Youth Special Course 2025



**Dear Kyosanim, dear parents and dear students,**

This year the time has come again and we will meet for the 26th children and youth specialty course in Elsenborn / Belgium. The Belgian Shinson Hapkido family, which organizes this course, is looking forward to welcoming all participants.

In this "**Year of the Snake**", we want to continue to strengthen and nurture our community and show that we look to the future with hope. Because in a large community every member is important and valuable, and together we can achieve much more than alone.

That is why we look forward to welcoming all children, young people, helpers and teachers who are involved this year, that will do their part to make it a wonderful, unforgettable time.

***We are particularly pleased that our founder and Grand Master Ko Myong will also come to this course and we can continue to learn from him.***

On this weekend, we would like to use the *Shinson Hapkido teaching method* as a basis:

**Trust - respect - patience - modesty - love,**

to train together to get enough strength and energy so that we can build our mental and physical health and our zest for life.

**In advance, we would like to thank all parents for their trust and all others who give their time, their interest and their best to make this children's youth special training course a success.**

**THANK YOU!**

With kind regards

Sabomnim Lidija Kovacic and Bu Sonsanim Christian Schmidt

Children & Youth Department of the ISHA



# 26th International Shinson Hapkido Children & Youth Special Course 2025



**When:** May 2 - 4, 2025 Registration and "check-in" starting at 1 p.m.

**Start:** Friday, May 2, promptly at 3 p.m.

**End:** Sunday, May 4, 2 p.m.

**Where:** Culture and Sports Center Herzebösch, Lagerstrasse 36, B- 4750 Eisenborn

**Who:** This event is open to children, teenagers and young adults aged from 10 - 21 years of age. Older and younger pupils by arrangement only. Children and young people who do not train Shinson Hapkido are also welcome to join. Participation requires express written permission of the parent or legal guardian (**see enclosed declaration of consent**).

**Teacher:** Sonsanim Ko. Myong, founder

BuSonsanim Kurt Brück, 5th Dan

BuSonsanim Christian Schmidt, 5th Dan & Sabomnim Lidija Kovacic, 4th Dan  
and other Shinson Hapkido Kyosanim (teachers)

**Groups of approx. 8 to 10 participants are each supervised by a teacher.**

- Bring along:**
- Training clothes (dobok or tracksuit)
  - Tracksuit for outside
  - 2 pairs of sturdy (sports) shoes for outside (preferably 1 pair of rubber boots)
  - Indoor shoes
  - Writing utensils (small notepad and pen), flashlight
  - Sleeping bag and sleeping mat (or air mattress, blankets etc.)
  - Shinson Hapkido card
  - Warm clothes (enough clothes to change into; please bring *old* clothes / training and rain gear (we will be training in nature and may get dirty and wet).
  - several towels
  - (Meditation) cushions and a small sports bag
  - from red belt: please bring sticks (bong)

**Dear parents: Please **do NOT** give your child **ANY MONEY** or **SWEETS** to take to the training course. Toys & technical devices (**cell phone, MP3 player, etc.**) should also stay at home.**

The children and young people should spend the three days of the course without contact at home (in urgent cases we will of course contact you immediately). However, don't just leave your child with us, but stay with him or her connected on the inside and continue to send them your love and strength.



# 26th International Shinson Hapkido Children & Youth Special Course 2025



## Contents:

### Shinson Hapkido - Movement for life

- Community and group training
- Myong Sang / Meditation
- Inner and outer Shinson Hapkido self-defense
- Special training in nature, night hike with test of courage
- Danjeon Hohubop / breathing techniques
- Ki-Doin / Ki healing gymnastics for everyday life
- Hwal In Bop / natural healing
- Special fall school & acrobatics
- Singing, celebrating and healthy eating together

## General procedure:

**Wake up**            **05.00 a.m.**

**Program:**            Myong Sang - Meditation (From Darkness to Light)  
Outdoor training: "Dealing with nature" (don't give up)  
Shinson Hapkido lessons in small groups (approx. 8 students with supervisor)  
Community training and belt level lessons  
Singing together - group discussion - open, personal contributions

**Main topics:**        **A great human being!**  
How do you become a person with a big heart (big person)?  
How can you treat your family and the people around you, at school etc. with respect and feel gratitude for life?

**Bedtime:**            **10.00 p.m.**

**Dear parents,**

On **Sunday, May 4, 2025**, we would like to cordially invite you to "Home Day" at around **12:30 pm**. The children will then present you with an imaginative excerpt from what they have learned. We will fire up the barbecue and serve plant and animal delicacies so that no one goes hungry.

**However, we ask that children be picked up by 2 p.m. at the latest!**

**Participation is at your own risk.**

**The organizer accepts no liability for lost items.**

Participants undertake to follow the instructions of the respective supervisors at all times.



# 26th International Shinson Hapkido Children & Youth Special Course 2025



**Cost:** 150 Euro for Shinson Hapkido members

170 Euro for non-members

The participation fee includes accommodation, meals and drinks for the entire duration of the course. Small snacks are also provided.

**Registration deadline:** **Thursday April 17, 2025 !!**

If there are more registrations than places, the age of the participants will decide.

A refund of the participation fee is **only possible until April 17, 2025** if you cancel in writing at [rene.jetzen@shinsonhapkido.org](mailto:rene.jetzen@shinsonhapkido.org) !

After April 17, 2025, the **full participation fee must be paid!**

**Registration:** [rene.jetzen@shinsonhapkido.org](mailto:rene.jetzen@shinsonhapkido.org) or **phone: +32 497 44 05**

The participation fees will be collected together with the **declaration of consent** by the responsible kyosanim or person in charge in the dojangs and handed in on site.

Interested parties who do not belong to an official Shinson Hapkido Dojang are requested to register independently and pay the participation fee on site.

**Organizer:** International Shinson Hapkido Association e.V.  
Liebigstr. 27, 64293 Darmstadt, Phone: 06151-294703, Fax 294733,  
Email: [info@shinsonhapkido.org](mailto:info@shinsonhapkido.org) , <http://www.shinsonhapkido.org>

**Organizer:** Responsible management:  
Bu Sonsanim Christian Schmidt 5.Dan & Sabomnim Lidija Kovacic, 4.Dan,

**Dojang Hamburg 1**

Organization

BuSonsanim Kurt Brück, 5th Dan,

**Dojang Amel / Elsenborn**





# 26th International Shinson Hapkido Children & Youth Special Course 2025



## Directions

### By car:

#### from the north:

- Take the A1 highway towards Cologne and continue towards Euskirchen until the end of the highway near Blankenheim.
- then take the B51 to the Stadtkyll exit on the right towards Kronenburg - Hallschlag - Losheimergraben border
- Turn right at the traffic circle in the direction of Büllingen - Bütgenbach - Elsenborn.
- In Elsenborn turn left at the church until you leave the village - right-hand side Herzebösch.

#### from the south:

- From Darmstadt take the A67 to Rüsselsheimerdreieck, then take the A60  
Take the A61 towards Mainz as far as the Nahetahl junction; then take the A61 towards Koblenz-Cologne to the Bliesheim junction, then take the A1 towards Euskirchen-Blankenheim; after that It is identical than to from the north: B51...
- or: via Kaiserslautern to Trier (A62 - A1) to the Wittlich junction,  
Then take the A60 to St. Vith Nord. Continue on the country road via Amel and Bütgenbach to Elsenborn.

### By train:

To Cologne, then via Aachen to Eupen or Verviers.  
Continue by bus to Elsenborn.



# 26th International Shinson Hapkido Children & Youth Special Course 2025



## Registration:

by email to: [rene.jetzen@shinsonhapkido.org](mailto:rene.jetzen@shinsonhapkido.org)

School (Dojang): \_\_\_\_\_ Dojang leader: \_\_\_\_\_

Contact address: \_\_\_\_\_

Tel: \_\_\_\_\_ Email: \_\_\_\_\_

Teacher (participating): Name: \_\_\_\_\_ Ki: \_\_\_\_\_ Dan: \_\_\_\_\_

Email: \_\_\_\_\_ Mobil Tel.: \_\_\_\_\_

Please write legibly:

Page: 1

Name	Age	Kup/ Dan	vegeta rian?	Hobby	Signature

Further registrations: next page!

Course fee: 150,-€ for Shinson Hapkido members  
170,-€ for non-members

**Registration deadline: April 17, 2025 !!!**

Please hand in the participation fee together with the declaration of consent to the responsible kyosanim/person in charge when registering at the dojang.

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

A refund of the participation fee is **only possible until April 17, 2025** if you cancel in writing at [rene.jetzen@shinsonhapkido.org](mailto:rene.jetzen@shinsonhapkido.org) !  
After April 17, 2025, the **full participation fee** must be paid!

**Registration is only possible together with a declaration of consent of the legal guardian (see attachment).**







# 26th International Shinson Hapkido Children & Youth Special Course 2025



## Declaration of consent

I hereby agree to the participation of my child

(name) \_\_\_\_\_

participate in the *26th International Shinson Hapkido Children & Youth Specialty Course 2025*.

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 the instructions of the responsible persons (Shinson Hapkido teachers/chaperones) must be followed at all times.

*If your child has intolerances or allergies or is dependent on special medical care, please enter here:* \_\_\_\_\_

I agree that my child may be given over-the-counter medication. (So that we don't have to go to the hospital or doctor for every little thing)

**Subsequent objection is excluded!**

\_\_\_\_\_  
Place, date

\_\_\_\_\_  
Signature of a parent or legal guardian

**Name, address and telephone number of the legal guardian:**

Surname, first name \_\_\_\_\_

Street, No \_\_\_\_\_

ZIP code, city \_\_\_\_\_

Phone number \_\_\_\_\_

*(for accidents, please specify)*

Course participants who are already of legal age are requested to complete this declaration of consent for themselves and to provide a person (address/phone number) who can be contacted in urgent cases.

Please hand in this declaration of consent together with the registration fee to the responsible Kyosanim.

**Individuals can submit the declaration on the day of arrival at the registration desk.**