

# Young Generation Seminar



**fresh air, strong roots**

**September 26th - 28th 2025**  
**Jugendfreizeitheim Heisterberg**  
**near Gießen**



International Shinson Hapkido Association

## Introduction

Our world is constantly changing - and so is Shinson Hapkido. A generational shift is noticeable, and more and more young adults want to play an active role in shaping the future. In order to make room for this development and keep the spirit of our community alive, we need places for encounters, dialog and inspiration.

The Young Generation was born out of this need: an initiative that offers young people within Shinson Hapkido a platform to get involved, learn from each other and grow together. At the heart of this is the desire to actively shape the future - in line with the values and principles of Shinson Hapkido.

This is why the Young Generation invites you to its first official seminar, which combines exchange, energetic training and a strong sense of community. It should be a living impulse - carried by the spirit of Oh Shilsang - and create a sustainable basis for future generations.

The organizing team of the Young Generation, consisting of the Kyosanim Marie Beckers, Olivier Wiesemes and Valerie Gangolf, sends their best wishes and hopes for your participation!

## Details

**When:** 26th - 28th September 2025

**Where:** Jugendfreizeitheim Heisterberg  
Am Weiher 2  
D – 35759 Driedorf

## Content:

- Community training adapted to the students' level of development
- High-energy and dynamic training accompanied by the corresponding technical content
- Exchange with young people from all over Europe
- Aim: To inspire young people for the movement in line with Chon-Jie-In and to promote their talents

**General content:** Chon-Jie-In Myong Sang/meditation, Danjon Hohupbop/breathing technique, Shinson Ki-Do-In/healing gymnastics for everyday life, Shinson Hapkido training, community training.

All content is taught in English and German (as required).

## Theme

Respectful and open interaction among young people and in contact with other generations.

## Who?

Adults aged 18-35 years and at least 9th Kup (yellow belt) in Shinson Hapkido. Neither gender, physical fitness, skin color, religion... etc. are of any importance!

## What to bring:

- Shinson Hapkido passport
- Shinson Hapkido Dobok
- Loose sportswear and running shoes
- From 4th Kup (red belt): Jang Bong (long staff)
- Possibly indoor shoes (or warm socks)
- Swimsuit (there is a lake nearby)

## Accommodation and meals

Accommodation is provided in the youth hostel, including full board. The price for this is included in the total fee for the seminar. All meals will be vegetarian.

## Superintendence:

- Kyosanim Valerie Gangolf, Dojang Amel/Hamburg 5, 32. KI, 2. Dan
- Kyosanim Olivier Wiesemes, Dojang Amel, 29. KI, 2. Dan
- Gomjong-Ddi Marie Beckers, Dojang Semmerin, 33. KI, 1. Dan

**With authorization from the Children's and Youth Department (Bu-Sonsanim Christian Schmidt and Sabomnim Lidija Kovacic), of the Int. Shinson Hapkido Assoc. e.V.**

**Supervision:** Sabomnim Barbara Kutter, Sabomnim Severin Lempp

**Organization:** Valerie Gangolf, Olivier Wiesemes, Marie Beckers

## Teachers:

- Orga-Team of the Young Generation
- Official Shinson Hapkido teachers from the circle of the Young Generation

## Organized by:

- International Shinson Hapkido Association e.V.

## Schedule

### FRIDAY September 26th 2025

From 16:30	arrival and registration
18:00 – 19:00	dinner
19:30 – 21:30	community training
From 22:00	cozy get-together

### SATURDAY September 27th 2025

06:00 – 06:30	meditation
06:30 – 07:30	morning exercise
08:00 – 09:00	breakfast
09:30 – 11:45	community training
12:00 – 13:00	lunch
13:00 – 14:30	lunch break
14:30 – 17:30	community training
18:00 – 19:00	dinner
From 19:30	exchange, games, social get-together

### SUNDAY September 28th 2025

06:30 – 07:30	morning exercise
08:00 – 09:00	breakfast
09:30 – 11:45	community training
12:00 – 13:00	lunch
13:30	farewell

## Cost contribution

**90 €** (including all meals, the training sessions and the social program)

The participation fee is to be paid in cash on site on September 26. Please bring the exact amount with you. Payment by card or bank transfer is not possible.

## Arrival

Arrival is to be organized independently using the address given. Carpooling will be planned via the Young Generation Discord server (link later).

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

## Registration for the Young Generation Seminar

Registration is exclusively via the following online form:



**Link:** [https://docs.google.com/spreadsheets/d/1NTbWezmiDvyI4dB\\_qjV0zrXYG8aU7x5F8GH9AceZKY0/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1NTbWezmiDvyI4dB_qjV0zrXYG8aU7x5F8GH9AceZKY0/edit?usp=sharing)

**Registration deadline:** September 14, 2025

Before registering, your personal Kyosanim must be informed about your participation. According to current planning, the seminar is limited to 50 participants. We work on a first-come-first-served basis. So don't wait too long!

## Preparation

This is the first seminar of its kind, which is why a lot of help is needed with preparation and planning. We invite all young people to help with the preparations and thus play an active role in shaping the seminar. The whole project should be supported by everyone so that the new generation can actively contribute to the future right from the start.

Simply join our Discord Channel and become an active member of the Young Generation!



Link: <https://discord.gg/4t9THuHhJh>

## Contact for questions

The Young-Generation Discord Server (preference)

or

Kyosanim Olivier Wiesemes

0032 472 27 72 39

Via Whatsapp or Signal

We look forward to seeing you!

**Shinson Hapkido Young Generation**

## Registrationlist

**Dojang:** \_\_\_\_\_

**Responsible person/Kyosanim:**\_\_\_\_\_

**Contact (phone/e-mail):**\_\_\_\_\_

**Participation, as well as arrival and departure, is at your own risk.**

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