



22. Sailing trip

SHINSON HAPKIDO

Movement for life



Fresh water brings cheerfulness

Sailing on/with the Zeven Wouden
on the Ijsselmeer
and in the West Frisian Wadden Sea
Departure and arrival in Stavoren/Netherlands

Sun, August 23 – Sun, August 30, 2026

with Captain Janine de Jong and
Bu-Sonsanim Christoph Albinus, 5th Dan

OUAE YU – NAE KANG

Smoothly flowing on the outside – clear and stable on the inside



Shin Son Hap Ki Do Sailing Tour 2026

In rhythm with the tides

With Captain Janine de Jong – Bu-Sonsanim Christoph Albinus, 5th Dan – and other Dan holders



Shinson Hapkido teaches how to naturally maintain, protect, and heal oneself and others by balancing the body, mind, and life force through a balanced lifestyle.

The goal of Shinson Hapkido is to rediscover and further develop humanity and love of nature in community with others.

With this basic idea in mind, we would like to organize a sailing trip in the North Sea Wadden Sea in rhythm with the tides, in which 24 people can participate.

As space on the boat is limited, everyone should be prepared to put their own ego aside for the good of the community.

We move with nature, so the itinerary will be adapted to weather conditions and circumstances. Every day, we will go ashore somewhere different to exercise and discuss theoretical topics.

The complete itinerary is still a surprise.

Please don't have too many expectations and bring a good attitude.



The 22nd sailing trip is taking place with the official approval of the Shinson Hapkido Association. Instruction will be based on the 5 teaching methods of the founder of Shinson Hapkido, Sonsanim Ko Myong.

Start / Meeting	Sunday, August 23, 5:00 p.m. in Stavoren at the ship/port
End / Arrival	Sunday, August 30, in Stavoren, at noon, but it may be later
Registration	In writing to Christoph Albinus, christoph.albinus@web.de Please be sure to include your phone number! Registration will be on a first-come, first-served basis. If you have any questions, call 0152 5410 4721 When registering, please transfer a deposit of €300 and bring the remainder in cash.
Participation	For all Shinson Hapkido students after consultation with their Kyosanim and all interested individuals
Cost	€600-650 based on self-assessment Fee: includes training, full board, boat charter, drinks, and extras
Bank transfer	Reference: Deposit Sailing 22 + name Sparkasse Schwerin-Mecklenburg BIC: NOLADE21LWL IBAN: DE47 1405 2000 1520 0045 47
Please note	Participation at your own risk
Management and instruction	Bu Sonsanim Christoph Albinus + other Shinson Hapkido instructors





DOBOK / Bongs from 4th Kup
 Sleeping bag and bed sheets, kitchen towels
 Tracksuit, sneakers
 Rain gear, hat, rubber boots
 Enough clothes to change into
 Swimwear, toiletries, towel
 Identity card
 Songs and musical instruments
 Games, writing materials
 a picture of yourself as a baby, child and teenager

