



27th International
Shinson Hapkido



2026 Special Training Course for Children & Youth

Chong Mu Chong Shim
For a healthy body and a clear heart

May 1–3, 2026
in **Berlin-Spandau**



with
Bu Sonsanim Lidija Kovacic
& Bu Sonsanim Christian Schmidt
(Overall Direction)

Bu Sabomnim Sabine Bäter
(Organization)



27th International Shinson Hapkido 2026 Special Training Course for Children & Youth



**Dear Parents and Teachers,
Dear children and teenagers,**

Under the motto:

“How can our children and young people become people with big hearts?”

this course began many years ago with great interest.

Today we live in a world where the order of what is important has changed. It is no longer the heart, humanity, and proper breathing that come first, but increasingly material security, technology, performance, and speed. Dependence on these things has almost developed into a kind of faith. As a result, the heart, humanity, and proper breathing are forgotten, and thus body and mind, human and nature, and human and human are separated from one another. This development is very regrettable.

Through our work with children and young people, we aim to bridge this divide so that we can grow closer to ourselves and rediscover our trust and faith in ourselves. Once we have relearned how to “breathe” properly, we can then begin to work with techniques.

Through the Shinson Hapkido *teaching method*—“Trust, Respect, Patience, Humility, and Love”—we can draw courage and hope during the course. We can learn once again to feel that Heaven, Earth, and Humanity—you and I—are one, and with the guiding principle “I am beautiful, I am good, I can do it,” our community will grow. Our work within 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.

Anyone who wants to become a “great person” must not live by their head alone, but should listen to their inner voice. IQ (intelligence, knowledge), EQ (emotions, attitude toward life), and MQ (humanity) must grow together. Knowledge is also important, but it is something learned and comes from the outside.

Attitude toward life, on the other hand, comes from within and is a gift of nature.

During the three days of the course, we will train, work, but also sing, make music, and learn to live communally and in harmony with nature. Healthy

nutrition and breaking bad habits are just as much a part of the course.

Please trust us and have no worries. Together with many qualified teachers, we work to ensure that the children and young people develop healthy bodies and clear hearts, that they treat one another with courage, responsibility, and respect, and that they live with love and laughter. We hope that everyone can return home after the course filled with joy and hope.

I thank you for your trust and support, and I wish you and your family a life filled with health and warm, radiant Ki.

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

Sincerely yours

Sonsanim Ko. Myong

President, Int. Shinson Hapkido Association e.V.



2026



Year of the Horse / Jahr des Pferdes / 말해

Kraftvoll, voller Freude, mit Spaß

힘차게 즐겁게 재미있게

Powerful, full of joy, with fun

Hincha-gee - Julgob-gee - Jaemitt-gee



Ko Myong



27th International Shinson Hapkido 2026 Special Training Course for Children & Youth



Dear Kyosanim, dear parents, and dear students:

It's that time of year again, and we're gathering for the 27th International Children's and Youth Special Seminar in Berlin-Spandau. The Berlin Shinson Hapkido family, which is organizing this seminar for the first time, is delighted to welcome all participants to Berlin.

In this "**Year of the Horse**," we wish to further strengthen and nurture our community and show that we look to the future with hope. Because in a large community, everyone is important and valuable, and together we can achieve so much more than alone.

That is why we look forward to all the children, youth, volunteers, and instructors who contribute this year to making it a wonderful, unforgettable time.

This weekend, based on the *Shinson Hapkido teaching method*:

Trust – Respect – Patience – Humility – Love,

train together to gain enough strength and energy so that we can continue to nurture our mental and physical health and our zest for life.

First, we would like to thank all parents for their trust and all others who are giving their time, interest, and best efforts to ensure the success of this children's and youth special course a success.

THANK YOU!

With warm regards

Bu Sonsanim Lidija Kovacic and Bu Sonsanim Christian Schmidt

ISHA Children & Youth Department



27th International Shinson Hapkido 2026 Special Training Course for Children & Youth



When: May 1–3, 2026 Registration and “check-in” starting at 1:00 PM.

Start: Friday, May 1, promptly at 3:00 PM.

End: Sunday, May 3, 2:00 p.m.

Where: GRUNDSCHULE im Beerwinkel, Spektefeld 31, 13589 Berlin

Who: Children, teenagers, and young adults aged 10 to 21 years old. Older and younger students only by arrangement. Children and teenagers who do not practice Shinson Hapkido are also very welcome. Participation requires the express written permission from a parent or guardian (**see attached consent form**).

Instructors: BuSonsanim Christian Schmidt, 5th Dan
BuSonsanim Lidija Kovacic, 5th Dan,
as well as other Shinson Hapkido Kyosanim (instructors)

Groups of approximately 8 to 10 participants will be supervised by one instructor each.

What to bring:

- Training attire (dobok or tracksuit)
- Outdoor tracksuit
- 2 pairs of sturdy (athletic) shoes for outdoor use (including 1 pair of rubber boots if possible)
- Indoor shoes
- Writing supplies (small notepad and pen), flashlight
- Sleeping bag and sleeping pad (or air mattress, blankets, etc.)
- Shinson Hapkido – ID card
- Warm clothing (enough clothes to change into; please bring *old* clothes / workout and rain gear (we will be training outdoors, among other places)
- Several towels
- Meditation cushion and a small gym bag
- Red belt and above: please bring sticks (bong)

Dear Parents: Please do **NOT** give your child **ANY MONEY** or **SWEETS** to take to the Course. **Toys & electronic devices (cell phones, MP3 players, etc.) should also stay at home.**

The children and teenagers should spend the three days of the course without contact with home

(in urgent cases, we will of course contact you immediately). Please simply drop off your child with us, but stay connected to them in your heart and continue to send them your love and strength.



27th International Shinson Hapkido 2026 Special Training Course for Children & Youth



Content:

Shinson Hapkido – Movement for Life

- Community and Group Training
- Myong Sang / Meditation
- Internal and External Shinson Hapkido Self-Defense
- Special training in nature, night hike with a test of courage
- Danjeon Hohupbop / Breathing Techniques
- Ki-Do-In / Ki healing exercises for everyday life
- Hwal In Bop / Naturopathy
- Special Fall Training & Acrobatics
- Singing Together, Celebrations, and Healthy Eating

General Schedule:

Wake-up: 5:00 a.m.

Program: Myong Sang – Meditation (From Darkness to Light)
Outdoor training: “Interacting with nature” (don’t give up)
Shinson Hapkido lessons in small groups (approx. 8 students per instructor)
Group training and belt-level instruction
Group singing – Group discussion – Open, personal contributions

Main topics: **A Great Person!!**
How does one become a person with a big heart (a great person)?
How can one treat family and the people around them,
school, etc., and feel gratitude for life?

Bedtime: 10:00 PM

Dear Parents,

On **Sunday, May 3, 2026**, we would like to cordially invite you to “Home Day” at around **12:30 PM**. The children will present an imaginative showcase of what they have learned. To make sure no one goes hungry, we’ll fire up the grill and serve plant-based and meat-based delicacies.

However, we ask that you pick up the children by 2:00 PM at the latest!!

Participation is at your own risk.

The organizer assumes no liability for lost items.

Participants agree to strictly follow the instructions of the respective supervisors.



27th International Shinson Hapkido 2026 Special Training Course for Children & Youth



Cost: **150 euros for Shinson Hapkido members**
 170 euros for non-members

The participation fee includes lodging, meals, and beverages for the entire duration of the course. Light snacks will also be provided.

Registration deadline: **Thursday, April 16, 2026 !!!**

If the number of registrations exceeds the number of available spots, participants will be selected based on age .

**A refund of the participation fee is only possible if you cancel in writing at Lidija.Kovacic@shinsonhapkido.org by April 16, 2026!
After April 16, 2026, the full participation fee must be paid!**

Registration: **Lidija.Kovacic@shinsonhapkido.org**

Participation fees will be collected by the responsible Kyosanim or person in charge at the Dojangs along with the **consent form** and submitted on-site. Those interested who do not belong to an official Shinson Hapkido Dojang are asked to register independently and pay the participation fee on-site.

Organizer: International Shinson Hapkido Association e.V.
Liebigstr. 27, 64293 Darmstadt, Tel.: 06151-294703, Fax 294733,
Email: info@shinsonhapkido.org , <http://www.shinsonhapkido.org>

Organizer: **Responsible Directors:**
Bu Sonsanim Christian Schmidt, 5th Dan & Bu Sonsanim Lidija Kovacic, 5th Dan, **Dojang Hamburg 1**

Organization:
Bu Sabomnim Sabine B  ther, 3rd Dan,
Dojang Berlin



27th International Shinson Hapkido 2026 Special Training Course for Children & Youth



Directions

By car:

From the north:

Berliner Ring A10

Take the Havelland interchange, toward Berlin A110

Take the Siemensdamm exit, follow the signs for Am Juliusturm toward Spandau until Falkenseer Platz

At the roundabout, take the 2nd exit, Falkenseer Chaussee to Am Kiesteich (Wasserwerkstr. is on the right), turn left onto Kiesteich, 1st right onto Spektefeld

From the south:

Exit at Messedamm, ICC

Take the 2nd left onto Masurenallee

At the roundabout, keep left, take the 3rd exit toward Potsdam

Drive along Heerstr. for approx. 10 km

Turn right onto Magistratsweg, continue straight ahead; the road becomes Klosterbuschstr. and Am Kiesteich

Am Kiesteich, take the 2nd left after the bridge onto Im Spektefeld

By train:

To Berlin Spandau Station

Take the M32 toward Staaken, transfer at Magistratsweg, Brunsbüttler Damm to bus 131, toward Falkenhagener Feld to Im Spektefeld, Schulzentrum

Take bus 135 toward Alt Kladow to Melanchtonplatz, then transfer to bus 131 toward Falkenhagener Feld to Im Spektefeld, Schulzentrum

Parking:

At Felgenlake on the edge

From Am Kiesteich in Beerwinkel, turn right or left onto Felgenlake



27th International Shinson Hapkido 2026 Special Training Course for Children & Youth



Registration: via email to: Lidija.Kovacic@shinsonhapkido.org

School (Dojang): _____ Dojang management: _____

Contact address: _____

Phone: _____ Email: _____

Instructor (participating): Name: _____ Ki: _____ Dan: _____

Email: _____ Cell Phone: _____

Please write legibly:

Page: 1

Name	Age	Kup/D an	Vegeta rian?	Hobby	Signature

More registrations: Next page!

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

Registration deadline: **April 16, 2026 !!!**

Please submit the participation fee along with the consent form to the responsible Kyosanim/staff member at the dojang when registering.

Participation, as well as travel to and from the event, is at your own risk.

A refund of the participation fee is **only** possible if you cancel in writing at
Lidija.Kovacic@shinsonhapkido.org **by April 16, 2026!**
 After April 16, 2026, the **full participation fee** must be paid!

**Registration is only valid when accompanied by a consent form
from the legal guardian (see attachment).**



**27th International Shinson Hapkido
2026 Special Training Course for Children & Youth**



Consent Form

I hereby consent to the participation of my child

(Name) _____

in the 27th International Shinson Hapkido Children's & Youth Special Training Course 2026.

I am familiar with the teaching methods of Shinson Hapkido and understand that participation is at my own risk. I have also informed my child that the instructions of the responsible persons (Shinson Hapkido instructors/supervisors) must be followed at all times.

If your child has any intolerances or allergies, or requires special medical care, please enter the details here: _____

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

No subsequent objections will be accepted!

Place, Date

Signature of a parent or guardian

Name, address, and phone number of the legal guardian:

Last name, first name _____

Street, No. _____

Zip code, City _____

Phone number _____

(Please be sure to provide this in case of accidents)

Course participants who are already of legal age are asked to fill out this consent form themselves and to provide the contact information (address/phone number) of a person who can be notified in case of an emergency.

Please submit this consent form along with the registration fee to the responsible Kyosani.

Individuals may submit the form upon arrival during registration.