

Shinson Hapkido Fall Seminar 2026

Berlin

# Movement for Life



## Shinson Hapkido

November 6–8, 2026, with  
Grandmaster Ko Myong

Welcome to the 2026 Fall  
Seminar in  
Berlin

HLG 2026 Berlin —PDF  
International Shinson Hapkido Association

We are hosting a seminar with Grandmaster Ko Myong. It will be a weekend full of movement, fun, and fellowship for everyone—young and old, with or without experience in movement and martial arts.

You are warmly invited to train with us.

|                      |                                                                                                                                                                                                                                                                                                                                                                                                                            |
|----------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>When</b>          | <ul style="list-style-type: none"><li>• November 6–8, 2026</li></ul>                                                                                                                                                                                                                                                                                                                                                       |
| <b>and</b>           | <ul style="list-style-type: none"><li>• Sports Hall, Mariannenstraße 47 (rear building); 10997 Berlin</li><li>• Gym at Fanny-Hensel Elementary School; Schöneberger Str. 24; 10963 Berlin</li></ul>                                                                                                                                                                                                                        |
| <b>Where</b>         | <ul style="list-style-type: none"><li>• Spreefeld, Boathouse, Rooms 2 &amp; 3, Wilhelmine-Gemberg-Weg 10–14; 10179 Berlin</li></ul>                                                                                                                                                                                                                                                                                        |
| <b>Content</b>       | <ul style="list-style-type: none"><li>• Chon-Jie-In Myong Sang - Meditation</li><li>• Danjeon Hohupbop - Breathing Technique</li><li>• Shinson Ki Do In Bop - Therapeutic Exercises for Everyday Life</li><li>• Shinson Hapkido Training</li><li>• Group Training</li><li>• Discussion and Consultation</li></ul>                                                                                                          |
| <b>Who</b>           | <ul style="list-style-type: none"><li>• Everyone is welcome to participate—young and old, advanced practitioners, beginners with no prior experience, as well as those from other martial arts and movement disciplines. The training is also suitable for people with disabilities.</li></ul>                                                                                                                             |
| <b>What to Bring</b> | <ul style="list-style-type: none"><li>• Shinson Hapkido membership card (if available)</li><li>• Lightweight clothing or Shinson dobok</li><li>• Chang Bong starting at 4th Kup</li><li>• Indoor shoes and warm socks</li><li>• Writing utensils</li><li>• Overnight stays with a sleeping bag and air mattress are possible in designated rooms; alternatively, you are welcome to choose other accommodations.</li></ul> |

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## Instructors

- Sonsanim Ko Myong, founder of Shinson Hapkido
- Official Shinson Hapkido instructors

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## Organizer

- Shinson Hapkido Berlin e.V.  
Dojang Director Sabomnim Horst Bastigkeit, 4th Dan
- This event is held with the official approval of the International Shinson Hapkido Association e.V.

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## Course Fee

- Adults: 80 euros
- Children and teens ages 6–17: 30 euros
- For all participants under the age of 18, written consent from a parent or legal guardian is required! (See attachment)

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## Registration

Please send registration lists by email to:

**[info@shinsonhapkido-berlin.de](mailto:info@shinsonhapkido-berlin.de) Registration**

**deadline: October 24, 2026**

Individual registrations, e.g., for guests, can be submitted via email or in person at the start of the course.

**Please note:** Registrations are binding after the registration deadline. If you cancel after November 2, the full participation fee must be paid! We appreciate your understanding.

## Schedule

### Friday, November 6, 2026

#### SPORTS HALL AT MARIANNENSTRASSE 47, REAR BUILDING

6:00 PM–8:00 PM                      Training for 1st Kup and up

#### SPREEFELD, WILHELMINE-GEMBERG-WEG 10–14, ROOM 3

Starting at 8:30 p.m.                      Dan holders' meeting in Option Room 3

### Saturday, November 7, 2026

#### Sports Hall at Schönberger Straße 24; 10963 Berlin

10:00 a.m. – 11:00 a.m.                      Group training for everyone

11:00 a.m. – 12:30 p.m.                      Group Training

12:30–14:30                      Break

2:30 PM – 4:00 PM                      Group training

4:00 PM – 5:00 PM                      Community Training

#### SPREEFELD, WILHELMINE-GEMBERG-WEG 10-14, BOATSHOUSE

Starting at 7:00 p.m.                      Celebration and Dinner/Buffet  
(Spreefeld Map)

### Sunday, November 8, 2026

#### SPREEFELD, WILHELMINE-GEMBERG-WEG 10-14, OPTIONS ROOM 2

5:45–7:00 a.m.                      Meditation followed by exercise

7:30–9:00                      Breakfast

#### SPORTS HALL AT SCHÖNEBERGER STRASSE 24; 10963 BERLIN

10:00 a.m. – 11:00 a.m.                      Health and fitness class for everyone ages 6 and up

11:00 a.m. – 12:30 p.m.                      Community & Group Training

1:00 PM – 2:00 PM                      Discussion session with Sonsanim Ko Myong

## CONSENT FORM

I hereby consent to my child's participation

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FIRST NAME, LAST NAME

in the Shinson Hapkido Fall Seminar, from  
November 6–8, 2026, in Berlin.

I am familiar with the teaching methods of Shinson Hapkido and understand that participation is at my child's own risk. I have also informed my child that the instructions of the responsible persons (Shinson Hapkido instructors or supervisors) must be followed without exception.

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DATE

SIGNATURE OF A PARENT OR GUARDIAN

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NAME OF THE PARENT OR GUARDIAN

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ADDRESS OF THE PARENT OR GUARDIAN

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PHONE NUMBER OF THE PARENT OR GUARDIAN

To be on the safe side, please provide your child with a health insurance card and/or the necessary health insurance information:

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HEALTH INSURANCE COMPANY/BRANCH

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NAME OF THE MEMBER

MEMBER'S DATE OF BIRTH

# Shinson Hapkido Fall Seminar 2026

Berlin

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SCHOOL/DOJANG ADMINISTRATION

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ADDRESS

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PHONE

E-MAIL

**Liability:** Participation, as well as travel to and from the event, is at your own risk. The organizer and host assume no liability for lost items.

| No. | Last Name, First Name | Kup | Dan Ki | Dan*<br>Meetings | Dojang | Fee | FR** | Sat** |
|-----|-----------------------|-----|--------|------------------|--------|-----|------|-------|
| 1   |                       |     |        |                  |        |     |      |       |
| 2   |                       |     |        |                  |        |     |      |       |
| 3   |                       |     |        |                  |        |     |      |       |
| 4   |                       |     |        |                  |        |     |      |       |
| 5   |                       |     |        |                  |        |     |      |       |
| 6   |                       |     |        |                  |        |     |      |       |
| 7   |                       |     |        |                  |        |     |      |       |
| 8   |                       |     |        |                  |        |     |      |       |
| 9   |                       |     |        |                  |        |     |      |       |
| 10  |                       |     |        |                  |        |     |      |       |
| 11  |                       |     |        |                  |        |     |      |       |
| 12  |                       |     |        |                  |        |     |      |       |
| 13  |                       |     |        |                  |        |     |      |       |
| 14  |                       |     |        |                  |        |     |      |       |
| 15  |                       |     |        |                  |        |     |      |       |
| 16  |                       |     |        |                  |        |     |      |       |

- \* Friday evening—Dan holders' gathering with a group dinner in Options Room 3 (catered). Contribution toward expenses: 15 euros
- \*\* Need for overnight lodging and breakfast! Please check the box!