

	<p><i>Chon – Jie – In Motion</i></p> <p>40th International Shinson Hapkido Pentecost Seminar 2026</p>	
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with Sonsanim Ko. Myong



From darkness...

... to the light!

May 23–25, 2026

**in Groß-Bieberau/Odenwald
near Darmstadt / Germany**



International Shinson Hapkido Pentecost Seminar



Dear Shinson Hapkido Family, dear Do friends,

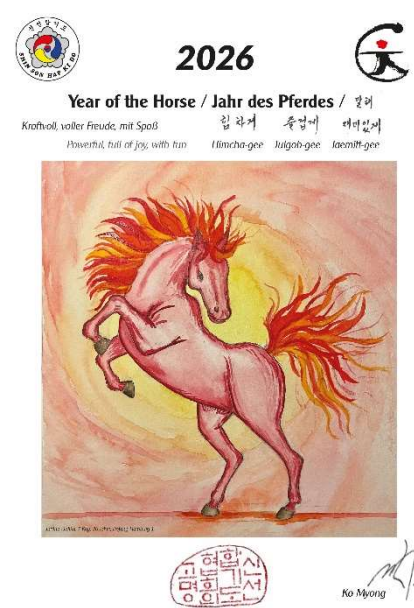
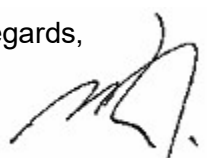
We live in a time when there are ever more material offerings. The flood of information that overwhelms us day after day is also growing ever larger. All of this draws our senses outward. In the process, we often lose our own inner thoughts and feelings, as well as the desire to move. What we think, feel, and do no longer comes from the depths of our hearts, but is controlled from the outside.

There is an ever-increasing amount of knowledge and technology, including in the fields of health and medicine. Nevertheless, doctors' offices and hospitals are always full. There are medications for (almost) everything; we take them and become dependent on them. As a result, our self-healing power grows weaker and weaker. All material things—and this includes not only the things we desire and possess, but also knowledge, technology, and power, etc.—separate us from our true and clear heart. They direct our thoughts and feelings outward and distance us from our innermost self. They overshadow and obscure our inner light. We believe that our material goals are important and chase after them. When we don't achieve them, we are disappointed. When we do achieve them, we are happy for a moment, but soon feel empty again and want even more. It's like a snowball that turns into an avalanche. And we believe we have to run along with it so as not to be swept away—faster and faster, until we feel dizzy.

We fight our inner emptiness with external things. That is, we fight darkness with darkness. In the end, we are exhausted and have lost our self-confidence. Material goals have become constraints that dictate our entire lives—even though they are actually just illusions. But what is truly real for us? How do we want to live?

Our outward way of life separates body and heart; as a result, our heart no longer has a home and does not know where it belongs. I ask you: What is most important to you right now?

You cannot defeat shadows with shadows, but only with light. We must look inward again, listen to the voice of our hearts, and return to a clear heart, our inner light. Then we can find ourselves again and return home.

 <p>2026 Year of the Horse / Jahr des Pferdes / 말해 Knothol, voller Freude, mit Spaß 힘과재 즐겁게 애어있어 Powerful, full of joy, with fun Ilmicha-gee Julgab-gee laemim-gee</p> <p>연하사 이 의 오 인 서</p> <p>Ko Myong</p>	<p>How can we feel ourselves, our bodies, and our hearts; how can we love ourselves again? It is important that we move our bodies and hearts together again. Then we can hear and see clearly, think and feel clearly, speak and act clearly.</p> <p>Everyone is a valuable person—community is valuable! We will train and practice together so that we can experience and feel this:</p> <p>“I am good, I am beautiful, I can do it!”</p> <p>I wish you a warm light in your heart and look forward to seeing you at our Pentecost retreat.</p> <p>Warm regards, Yours</p>  <p>Sonsanim Ko. Myong</p>
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International Shinson Hapkido Pentecost Seminar



- When** **May 23–25, 2026**
- Where** **Odenwald, 64401 Groß-Bieberau** (near Darmstadt), **Albert Einstein School**, Hugelstr. 20
- Content** **From the Shinson Hapkido program**
- * Shinson Hapkido Community and Group Training
 - * Myong Sang / Group Meditation
 - * Internal and External Shinson Hapkido Self-Defense
 - * Danjeon Hohupbop / Breathing Techniques
 - * Ki-Doin / Ki healing exercises for everyday life
 - * Hwal In Bop / Natural Medicine
 - * Tuksu Ho Shin Sul / Special Defense Techniques
 - * Special training in nature
 - * Group celebrations and healthy eating
 - * Shinson Hapkido Festival (Tournaments)
- Who** **Anyone** can participate, from those with mild physical disabilities and beginners to black belts—simply anyone interested in Do (the Way of Wisdom) as well as the art of movement and healing is warmly welcome. We are especially pleased to welcome older adults and families (with children aged 14 and older).
- Instructors:** **Sonsanim Ko, Myong** (Myong Sang-teacher, founder of Shinson Hapkido) as well as several Kyosanim/teachers from various countries
- What to bring:**
- * Training clothes (dobok and tracksuit)
 - * **Outdoor sneakers (for streets and fields)**
 - * **Indoor shoes—please be sure to bring a clean pair of indoor shoes**
 - * Writing utensils
 - * Sleeping bag and air mattress (or sleeping pad, blankets, etc.)
 - * Shinson Hapkido ID card
 - * Warm clothing
 - * Red belt and above: Please bring your sticks (bong)
- Accommodation:** Overnight stays will be possible at the school in rooms prepared for this event, using sleeping bags and sleeping pads you bring with you. Alternatively, you are of course free to choose and arrange your own accommodations.
- Organizer:** Int. Shinson Hapkido Association e.V., Liebigstrasse 27, 64293 Darmstadt,
Tel.: +49 (0)6151 - 29 47 03,
Email: info@shinsonhapkido.org, <http://www.shinsonhapkido.org>
- Organization on site:** **Jochen Liebig**, 5th Dan
- Cost:** **€150 for holders of a Shinson Hapkido Pass, €180 for everyone else**
The participation fee includes lodging, meals, and beverages with meals. Additional beverages and snacks can be purchased at the kiosk.
- Registration deadline:** **May 13, 2026** (postmark date)
- Registration:** Registration takes place through the respective Shinson Hapkido dojang. The participation fee must be paid at the time of registration at the dojang. Attention Shinson Hapkido dan holders: please indicate your dan rank and ki when registering.
Dojang directors or representatives should please send the registrations to the Association in Darmstadt. The collected participation fees will be handed over directly before the course begins in Groß-Bieberau.
We ask those interested who do not belong to a Shinson Hapkido school to send their registration directly to info@shinsonhapkido.org and to pay the participation fee before the course begins in Groß-Bieberau.



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Cancellations are only possible until May 20, 2026, and must be submitted in writing (via email) to the ISHA. In this case, 80% of the participation fee may be refunded. In the event of a later cancellation or failure to attend the course, the full course fee must be paid! We ask for your understanding in this matter.

We kindly ask that you do not enter the halls with dirty shoes, wear a tracksuit, and not to litter the area with cigarette butts, packaging, etc.
We would like to show our gratitude to the mayor, the school principal, and the village residents by keeping the area tidy and leaving them with joy rather than extra work.

Daily Schedule

Pentecost Saturday	from 12:00 p.m.	Welcome, meeting & check-in at the cafeteria	
	12:30 p.m.	Teachers' meeting	
	1:00	Welcome reception with fruit buffet	
	2:30–3:30 PM	Group training in the small gym	
	3:30–5:00 PM	Group training	
	5:00–6:00 PM	Group training in the large gym	
	6:30–7:30 p.m.	Lecture: Speaker: Bu-Sonsanim Christian Schmidt, Shinson Hapkido 5th Dan Topic: Shinson Hapkido Fundamentals Mu (Emptiness, Dance, Martial Arts) Ak (Rhythm, Music) Ye (5 Teaching Methods) Jie (Wisdom of Nature in Shinson Hapkido) Do (Cultivating, spreading, and achieving humanity)	
	Starting at 8:00 PM	Singing – Dinner – Joke Time: Korean dinner, followed by a social gathering	
	Pentecost Sunday	5:30 a.m.	Wake up
		6:00–7:00 a.m.	Independent, light exercise, group meditation; followed by a morning run through nature and group exercise
7:30–8:30 a.m.		Group singing, then breakfast	
9:30–10:30 a.m.		Group training	
10:30 a.m. – 12:00 p.m.		Group training	
12:30–1:30 p.m.		Singing - Lunch - Joke Time (large salad buffet)	
2:30–4:00 PM		Group training	
4:30–5:30 PM		Community training	
6:00–7:00 p.m.	Singing - Dinner - Joke Time		
7:30–8:30 p.m.	Group discussion on the topic of the lecture (see above), followed by a social gathering		



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Whit Monday

5:30 a.m.	Wake up
6:00–7:00 a.m.	Independent, light exercise, group “ ” meditation; followed by a morning run through nature and group exercise
7:30–8:30 a.m.	Group singing, then breakfast
9:30–11:00 a.m.	Group photo followed by group training
11:30 a.m.	
– 1:00 p.m.	

Shinson Festival (Tournament)

- * Falling techniques
- * Form routine
- * Original creations - with a grand prize!!!
(free form, group acrobatics, approx. 2–5 min)

No violence may be depicted. The rule is: with each other, not against each other. The fundamental SH principle of “reuniting what is separated” must not be lost. Clothing, the use of props, and music are optional.

Anyone wishing to present their own creation, either with others or alone, is asked to submit the theme and a brief description of the content with their registration (please be clear and concise).

1:30 PM Awards ceremony, distribution of certificates of participation to all course participants

2:00 PM Farewell barbecue with personal experience sharing

We will provide all the dishes for the announced meals. We will offer a hearty meal made from fresh and healthy ingredients.

We hope you enjoy participating and wish you a safe trip to and from the event.

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



Registration

Dojang (School): _____

Instructor: _____

Phone: _____

Participation fee: €150 for Shinson Hapkido Pass holders, otherwise €180

Registration takes place through the respective Shinson Hapkido dojang. The participation fee must be paid upon registration at the dojang. Attention Shinson Hapkido dan holders: please indicate your dan rank and ki when registering.

Dojang directors or representatives should please send registrations to verwaltung@shinsonhapkido.org. The collected participation fees must be handed over by the dojang directors or their representatives before the course begins in Groß-Bieberau.

We ask those interested who do not belong to a Shinson Hapkido school to send their registration directly to info@shinsonhapkido.org and to pay the participation fee on site immediately before the course begins.

Cancellations are possible until May 20, 2026, and must be reported to ISHA in writing or via email.

In this case, 80% of the participation fee may be refunded.

In the event of a later cancellation or failure to attend the course, the full course fee must be paid! Thank you for your understanding.

Registration deadline: May 13, 2026 (receipt of registration lists)

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

International Shinson Hapkido Association e.V., Liebigstrasse 27, 64293 Darmstadt

Tel.: +49 (0)6151 – 294703

Email: info@shinsonhapkido.org, <http://www.shinsonhapkido.org>

Registration: Please write legibly:

No.	Last Name	First name	Phone	Age	Kup	Ki + Dan

