

Harmonie und Frieden

Int. Shinson Hapkido Frühjahrslehrgang
mit Sonsanim Ko. Myong

**vom 17.-19. April 2026
in Elsenborn/Belgien**



Chon-Jie-In Movement for peace, harmony, and freedom

will accompany us throughout this course. Movement from the inside out and from the outside in, guided and directed by Do in calmness and dynamism.

We would like to invite all interested parties—young or old, with or without previous experience in movement and martial arts—to a weekend with the founder of Shinson Hapkido, Sonsanim Ko. Myong, and other Dan holders.

The Belgian Shinson Hapkido family looks forward to welcoming all participants from near and far.

Sabomnim Martin Backes 1st Ki
Dojang Leader Dojang Elsenborn

When	<ul style="list-style-type: none">• April 17–19, 2026
Where	<ul style="list-style-type: none">• Dojang Elsenborn (Herzebösch) Lagerstrasse 36 B - 4750 Elsenborn
Content	<ul style="list-style-type: none">• Chon-Jie-In Myong Sang / Meditation• Danjon Hohupbop / Breathing technique• Shinson Ki-Do-In / Therapeutic exercises for everyday life• Shinson Hapkido training• Group training• Exchange
Who	<ul style="list-style-type: none">• Anyone aged 14 and above can participate: young and old people, advanced practitioners, interested parties with no previous experience, or those from other martial arts and movement disciplines.
What to bring	<ul style="list-style-type: none">• Shinson Hapkido member card (if available)• Shinson Hapkido dobok or sportswear• From 4th Kup (red belt) onwards: Jang Bong (long stick) From Dan holders: Jang, Dan, and Jung Bong• Indoor shoes (or warm socks), if necessary• Writing materials (for taking notes, if necessary)• For overnight stays: sleeping bag and air mattress or similar Accommodation is private.• Contributions towards the buffet on Saturday evening are very welcome

Instructors Teachers	<ul style="list-style-type: none"> • Grand Master Ko. Myong, founder of Shinson Hapkido / Korea • Assistant Bu-Sonsanim Kurt Brück 5th Dan • Organization Management Bu-Sabumnim Christina Huby/Kyosanim Melanie Halmes • Official Shinson Hapkido Teachers
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Organizer	<ul style="list-style-type: none"> • Host: Dojang Elsenborn • The event is taking place with the official approval of the International Shinson Hapkido Association e.V.
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Fee	<ul style="list-style-type: none"> • €90 including breakfast and dinner • Reduced fee for participants under 16 years of age: €60
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Schedule

FRIDAY, April 17, 2026

6:30 p.m. – 8:30 p.m. Training from 1st Kup at the Elsenborn/Herzebösch dojang (please bring bongos)

7:00 p.m. Meeting of participants up to 2nd Kup with Belgian students.

8:00 Opportunity for joint training up to 2nd Kup in Worriken

SATURDAY, April 18, 2026

From 9:00 Registration at the Elsenborn/Herzebösch dojang

10:00 a.m. Group training for everyone
(all Shinson Hapkido levels, as well as curious and interested individuals from other movement and martial arts)

11:00 a.m. – 1:00 p.m. Group training
(therapeutic gymnastics, beginners and curious individuals, advanced practitioners)

1:00 p.m. – 2:30 p.m. Lunch
We will set up a "picnic corner" where drinks and food will be sold.

2:30 p.m. – 4:30 p.m. Group training

4:30 p.m. – 5:30 p.m. Community training for everyone

From 6:30 p.m. Casual get-together and dinner

SUNDAY, April 19, 2026

5:45 a.m. – 7:00 a.m.	Meditation and gymnastics
7:30–9:00	Breakfast together
10:00 a.m. – 11:00 a.m.	Health training for everyone
11:00 a.m. – 12:30 p.m.	Community and group training
1:00 p.m. – 2:00 p.m.	Relaxed gathering – time for questions and discussions
Around 2:00 p.m.	Farewell

Registration for the spring course

from April 17-19, 2026 at the Elsenborn Dojang
(Belgium)

Shinson Hapkido members are kindly requested to register **via their dojangs**; this will allow the participation fee to be collected in bulk per dojang.

Registration deadline: April 4, 2026

Cancellations are possible until April 5, 2026; if you cancel later than this, the participation fee must be paid. We ask for your understanding in this matter.

All participants under the age of 18 must have the consent of a parent or guardian! (see attachment)

Please use the enclosed registration form to register. Individuals/guests can register by email or WhatsApp.

Send registrations to: Melanie Halmes

melanie.halmes@shinsonhapkido.org

+32/475776601

Dojang (school):

Responsible teacher: _____

Address: _____

Phone/Fax: _____

Email: _____

Number of vegetarians: _____

Participation is at your own risk. We cannot be held liable for any items brought along.

No	Name, address, telephone	Age	Kup/Dan	Overnight stay	
				Friday	Saturday
01					
02					
03					
04					

Declaration of consent

I hereby declare that I agree to my daughter/son

First name, last name: _____

from the dojang (school): _____

in the Shinson Hapkido spring course from April 17-19, 2026, in Elsenborn (Belgium)

I am familiar with the teaching methods of Shinson Hapkido and am aware that participation is at my own risk. I have also informed my child that the instructions of the responsible persons (Shinson Hapkido teachers and supervisors) must be followed at all times. Subsequent objections are excluded.

Date and signature of a legal guardian

Name and address of the legal guardian (please be sure to include a phone number)

Directions

By car:

From the north:

- Take the A1 motorway towards Cologne, continue towards Euskirchen until the motorway ends at Blankenheim.
- Then take the B51 to the Stadtkyll exit, turn right towards Kronenburg - Hallschlag - Losheimergraben border
- At the roundabout, turn right towards Büllingen - Bütgenbach - Elsenborn.
- In Elsenborn, turn left at the church until you reach the end of the village – Herzebösch is on the right-hand side.

From the south:

- From Darmstadt, take the A67 to Rüsselsheimerdreieck, then take the A60 towards Mainz to the Nahetal junction; there, take the A61 towards Koblenz-Cologne to the Bliesheim junction, then take the A1 towards Euskirchen – Blankenheim; same as for the north: B51...
- or: via Kaiserslautern to Trier (A62 – A1) to the Wittlich junction, then take the A60 to St. Vith Nord. Continue on the country road via Amel and Bütgenbach to Elsenborn.

From the Netherlands:

- Head towards Maastricht-Vaals-Aachen border
- Lichtenbusch – towards Eupen
- through Eupen towards Hohes Venn - Sourbrodt - Elsenborn Camp - Elsenborn town entrance on the left side of Herzebösch

By train:

To Cologne, then via Aachen to Eupen or Verviers.

Continue by bus to Elsenborn.

By plane:

Either via: Cologne/Bonn (Germany), Maastricht (Netherlands), or Liège-Bierset (Belgium).

From there, take the train to Eupen or Verviers, then continue by bus to Elsenborn.

We hope you enjoy participating and wish you a safe journey there and back.

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