

Vacations for the whole family

Health and Fitness

International encounters and cultural exchange



# Recreation – Activity – Relaxation The “slightly different” wellness vacation



## 42nd International Shinson Hapkido Family Summer Camp July 31 – August 7, 2026

with Grand Master Ko. Myong in Darmstadt, Germany,  
the “City of Founding” of Shinson Hapkido

**“We walk a path together”**



## **International Shinson Hapkido Summer Camp 2026 in Darmstadt**

### **Greetings from Sonsanim Ko Myong**

Dear participants of the 42nd International Summer Camp, dear Shinson Hapkido family, dear friends,  
I warmly welcome you to Darmstadt, the birthplace of Shinson Hapkido! I am very happy that we are once again able to be guests in the city of art and science, Darmstadt, for the fifth time.



The main goals of our event are:

- Vacation and relaxation for the whole family
- Health and fitness for young and old,
- International encounters and cultural exchange,

These goals are closely linked to our “teaching principles”: trust, respect, patience, humility, love—in Korean, “Oh Shil Sang”: Midum, Yeey, Innae, Giomson, Sarang. In Shinson Hapkido, the base is the Chon-Jie-In movement (Heaven-Earth-Humanity, where all beings are one). Through our gathering and our movement, we aim to recognize that we should honor and respect life in order to live in peace, harmony, and freedom, thereby contributing to the world. That is why we are training this summer camp week under the motto “We walk a path together: Train humanity – Spread humanity – Achieve humanity,” and we did not only train, but also practice and live it.

I would like to express my heartfelt thanks to everyone at the City of Darmstadt and the relevant authorities who sponsor and support our summer camp. I would like to extend special thanks to our patron, Mayor Hanno Benz, to all our sponsors for their kind and helpful support, to the organizational team at our Darmstadt Center School, to Dojang Leader Bu-Sonsanim Joachim Krein, to the Dan holders, and to all the helpers. It would be wonderful if we could all come together with our strength and enthusiasm to support and encourage the people who have taken on so much responsibility!

According to ancient tradition, 2026 is considered the “Year of the Fire Horse” in Korea. This symbol stands for energy, strength, vitality, enthusiasm, and courage. I wish for all of you, your families, and friends that you may feel and experience this, and I wish us all joyful and happy days.

I wish the entire event every success with all my heart, with this year’s motto:

**“Powerful, full of joy, with fun!” - “Himcha-gee, Julgob-gee, Jaemitt-gee”**

### **Sonsanim Ko Myong**

General Director,  
International Shinson Hapkido Summer Camp  
President,  
International Shinson Hapkido Association e.V.





## 42nd International Shinson Hapkido Family Summer Camp in Darmstadt, July 31–August 7, 2026



### Greeting from Mayor Hanno Benz

Dear participants,

Dear guests, dear friends of Shinson Hapkido, as mayor of Darmstadt, the City of Science, I warmly welcome you to the 42nd International Shinson Hapkido Summer Camp 2026 at Bürgerpark Nord. Shinson Hapkido is more than a traditional Korean martial art - it is a vibrant community characterized by mutual respect, openness, and the desire to learn and grow together.



This summer camp brings people from many countries together and creates a space for encounters, exchange, and athletic activity.

Shinson Hapkido Darmstadt e.V. has been passionately and wholeheartedly committed to sports, health, and respectful coexistence for many years. For this, I extend my sincere thanks to everyone involved.

Please also take advantage of the time between training sessions and events for a short walk or a visit to our city. The Mathildenhöhe, with its UNESCO World Heritage site, is just as inviting as the sprawling Rosenhöhe Park.

A visit to the Hessian State Museum offers fascinating insights into art, culture, and natural history, and numerous other green spaces and parks, such as the Herrngarten or the Orangerie, invite you to linger.

Finally, I would like to extend my special thanks to all members, organizers, and supporters who make this event possible. I wish you an exciting and enriching week, many new experiences, and a pleasant stay in our city.

#### **Hanno Benz**

Mayor  
of the City of Science, Darmstadt





## 42nd International Shinson Hapkido Family Summer Camp in Darmstadt, July 31–August 7, 2026



### A warm welcome from Darmstadt

Dear friends of Shinson Hapkido,

The summer camp is a special highlight in the Shinson Hapkido calendar every year. Time and again, numerous people from all over Europe come together - often traveling great distances - to spend a week full of movement, encounters, and shared experiences. For one week, we want to train, laugh, learn, and experience the special atmosphere of the summer camp together.



Every summer camp brings its own energy and atmosphere, and Darmstadt will certainly infuse these days with its very own character. But regardless of which city or region the summer camp takes place in - the vitality and joy of life that define this time together always make the journey worthwhile. For this year's summer camp, we have a large site at our disposal in Bürgerpark Nord. The expansive grounds offer plenty of space for training, socializing, and spending time together. At the same time, the park's green spaces and paths invite us to take walks between training sessions, relax, and recharge our batteries.

Even beyond the summer camp, Darmstadt and the surrounding region have much to offer. Numerous cultural attractions, parks, and destinations, such as the Mathildenhöhe World Heritage Site, invite you to explore them. It is not without reason that Darmstadt holds the title "City of Art and Science."

A summer camp like this would not be possible without the support of many people. We extend our special thanks to them: we thank our supporters in politics and administration for their trust and for welcoming us to Darmstadt.

We also thank the sponsors, who play a key role in enabling us to offer a week full of activities and new encounters for everyone, as well as the numerous volunteers who support the summer camp with great dedication.

We look forward to welcoming you to Darmstadt and experiencing a special week together.

Yours

**Shinson Hapkido Dojang Darmstadt  
Dojang Leader Joachim Krein  
and the organizing team**





**42nd International Shinson Hapkido Family Summer Camp  
in Darmstadt, July 31–August 7, 2026**



**Planned Weekly Schedule**

**Friday, July 31 (Arrival)**

- 6:30 PM Meeting for parents with children under 5 at the kindergarten
- 9:00 PM Meeting for Dan holders / Kyosanim in the Dan tent

**Saturday, August 1**

- 9:00 **Official opening of the 42nd Shinson Hapkido Summer Camp**
- 11:30 Meeting of the waste management coordinators
- 6:30 Meeting of doctors, medical assistants, etc., at the first-aid tent
- 8:00 Welcome evening, official introduction of all participants.

**Monday, August 3**

- 8:00 PM **Variety show** with awards ceremony for the best entries

**Tuesday, August 4**

- 10:00 AM **Dynamic training**  
As part of the group training for all young people and the young at heart
- 4:00 PM “ ” **dynamic training**  
As part of the group training for all young people and the young at heart
- 6:30 PM **International Shinson Ball Tournament**  
(fun ball tournament for the whole family, a mix of soccer, handball, and volleyball; each team consists of 3 children, 3 women, and 3 men). Followed by the awards ceremony and prize presentation

**Wednesday, August 5**

- 3:00 PM **Walk** through the beautiful natural landscape in the surrounding area
- 8:00 PM **International Music Festival**

**Thursday, August 6**

- 2:30 PM Group training topic  
Hyong & Hyong Ki Do In Style
- 4:30 PM Shinson Hapkido Chon-Jie-In Festival (see attached flyer)
- Free Creation (Shinson Hapkido show program): Solo or in a group, approx. 3–5 min., max. 12 registrations, no judging  
Registration & Coordination: Int. Children’s & Youth Department
- 7:00 PM Dan Family Gathering - followed by closing night

**Friday, August 7**

- 9:00 AM Group photo followed by group closing training session
- 2:00 PM **Closing:**  
Official end of the 42nd International Shinson Hapkido Summer Camp in Darmstadt, Germany, with pennant and certificate presentation and announcement of the 43rd International Shinson Hapkido Summer Camp 2027 in Hamburg





## 42nd International Shinson Hapkido Family Summer Camp in Darmstadt, July 31–August 7, 2026



- ✚ Dobok and tracksuit
- ✚ Shinson Hapkido membership card
- ✚ Tent, sleeping bag, air mattress, etc.
- ✚ Writing supplies
- ✚ Cutlery and dishes
- ✚ Swimwear
- ✚ Warm clothing / rain gear
- ✚ From 4th Kup: Bong (stick)
- ✚ Each dojang should please bring its own training pads (Myokpyo Mul)
- ✚ Medical team: First aid supplies (voluntary)

**Shinson Hapkido is also committed to protecting our environment. Therefore, we ask that you refrain from using disposable tableware.**

**Please support the funding of the summer camp by not bringing food and drinks into the communal tent, but instead purchasing them there!**

### Training sessions:

9:30–10:00 a.m.	Group training
10:00 - 11:30	Group training
12:00 PM – 1:00 PM	Course for Blackbelts
2:00–3:00 p.m.	Health consultation, First Aid
4:00 PM – 5:30 PM	Group training
5:30–6:00 PM	Group training



### Please bring:



### Training groups:

- ✚ Preschool for children ages 3 to 5
- ✚ Children ages 6 and up
- ✚ Introductory group  
(People with no prior experience)
- ✚ Gymnastics group (Ki-Do-In-Bop, slow basic techniques, meditation, fun)
- ✚ Seniors
- ✚ Beginners
- ✚ Intermediate
- ✚ Advanced
- ✚ Blackbelts

### Shinson Hapkido training content:

- ✚ Group meditation
- ✚ Ki-Do-In (health program)
- ✚ Breathing techniques
- ✚ Internal and external self-defense
- ✚ Acupressure
- ✚ Laughing together and enjoying life.

Participation in the official summer camp program is voluntary. Both the training sessions and the recreational activities are simply options from which you can choose what appeals to you.

However, we ask that you respect and uphold the spirit and community of the summer camp.

### **Leisure activities:** (not part of the official event)

- ✚ Nordbad (public open air swimming pool)





## 42nd International Shinson Hapkido Family Summer Camp in Darmstadt, July 31–August 7, 2026



### Summer Camp 2026

**Date:** July 31–August 7, 2026, in Darmstadt, Germany

**Location:** Bürgerpark Nord, D-64289 Darmstadt

**Organizer:** Shinson Hapkido Darmstadt e.V., with official authorization from the Int. Shinson Hapkido Association e.V.

**Overall Director:** Sonsanim Ko. Myong

**Organizational Director:** Sabomnim Jurij Menzel

**Accommodation:** In your own tents

**Tent space is limited, so please avoid bringing large tents if possible.**

**Pets:**

Pets are not allowed!

**Liability:**

Participation in the camp and training, as well as the round-trip travel, is at your own risk. No liability is assumed for personal belongings.

**Contact:**

Shinson Hapkido Dojang Darmstadt e.V.  
Liebigstraße 27, D - 64293 Darmstadt

**Tel:** +49 (0)6151-997978

**Email:** [sola2026@shinsonhapkido.de](mailto:sola2026@shinsonhapkido.de)

**Who can participate:**

Participation is open to everyone. Please forward this announcement to interested organizations and clubs (in the fields of music, dance, movement/martial arts, etc.).

**Participation fees:**

€120 for holders of a Shinson Hapkido Pass

€150 for non-members

€60 ( ) for children and teenagers between 6 and 17 years of age with a Shinson Hapkido Pass

€80 for children and teenagers between 6 and 17 years old without a Shinson Hapkido Pass

Pass

Free participation for people with disabilities and children under 6 years of age

**Family discount:**

Adults and the first child pay the standard rate; all additional children of the same family participate free of charge.

The fee includes: Participation in training sessions, classes, and the official weekly program; campsite; facilities; a pennant; and a certificate. Proceeds from participation fees support the social projects of ISHA e.V. and Shinson Hapkido Darmstadt e.V.

**Registration:** Registration is for the entire week. Those who can only participate on a daily basis are asked to note this on the registration form.

**Registration deadline: July 1, 2026**

**Please send registrations to:**

Int. Shinson Hapkido Association e.V.  
Summer Camp 2026  
Liebigstraße 27, D - 64293 Darmstadt

**Tel:** +49 (0)6151/2947-03

**Email:** [sola2026@shinsonhapkido.de](mailto:sola2026@shinsonhapkido.de)

**Shinson Hapkido practitioners should register through their dojang. The participation fee must be paid at the respective dojang at the time of registration. Please have the dojangs collect the participation fees in advance and transfer them.**

**Attention!! Shinson Hapkido Dan holders:**  
**Please indicate your Dan rank and Ki.**

Dojang representatives can find detailed information and instructions about the summer camp on the website: [www.soladarmstadt2026.de](http://www.soladarmstadt2026.de)

Those interested who do not belong to an official Shinson Hapkido Dojang are asked to register directly via [sola2026@shinsonhapkido.de](mailto:sola2026@shinsonhapkido.de) and transfer the participation fee accordingly.

**Please note:** A refund of the participation fee is possible if you cancel in writing with the Int. Shinson Hapkido Association e.V. by July 18, 2026!

**If you cancel after July 18, 2026, the full participation fee must be paid!!!**





# 42nd International Shinson Hapkido Family Summer Camp in Darmstadt, July 31–August 7, 2026



## Here is some additional information for planning purposes:

### **Training pads (Myokpyo Mul):**

Please bring your own training pads (Myokpyo Mul) to the dojang!

### **Variety Show (Monday) and International Music Festival (Wednesday):**

We would like to organize a Cultural Evening and a Music Festival again this year. We ask that you prepare performances and bring musical instruments.

We offer **beer table sets** (tables with two benches each) for rent; please reserve in advance.

Unfortunately, we cannot arrange accommodations. Please contact the Tourist Information Office directly at Luisenplatz 5, Darmstadt

### **Chon-Jie-In Festival**

**On Thursday, a Chon-Jie-In Festival will take place, where everyone can showcase their own creative works and forms. Specific details will be coordinated with Sonsanim in advance.**

### **Food options:**

In the communal tent, participants will be offered a hearty breakfast as well as a variety of vegetarian and meat-based dishes for lunch and dinner.

We will also have the usual snack bar and be selling bottled water (by the case).

### **First Aid:**

To be able to treat minor injuries on-site immediately, we ask each dojang to bring a first-aid kit containing band-aids, ointment, and bandaging supplies and to keep it on hand.

### **Medical Care:**

The organizer will provide initial medical care on Saturday. Doctors and medically trained individuals are asked to meet on **Saturday, August 1, at 6:30 p.m. at the medical tent.**

### **Childcare:**

Once again this year, childcare will be available during practice hours for children ages three to five. Children under three must be accompanied by an adult caregiver. First meeting: **Friday, July 31, at 6:30 p.m. at the Kindergarten**



### **Waste:**

To minimize our environmental impact, we have developed a waste management plan to help us avoid waste whenever possible or sort it properly.

We ask each dojang to select a recycling coordinator who will be trained by us and will assist with waste separation in case of any issues. First meeting:

**Saturday, August 1, at 12:00 PM.**





## 42nd International Shinson Hapkido Family Summer Camp in Darmstadt, July 31–August 7, 2026



### Directions to the 2026 Summer Camp at Bürgerpark Nord Darmstadt

#### **If traveling by plane:**

Take the Airliner bus from Frankfurt Airport - this will take you to the main train station (for further details, see “Arriving by Train”).

#### **If arriving by train:**

From Darmstadt Central Station, take tram 4 toward Nordbad.

**Get off at the Nordbad (open air swimming pool) stop**

#### **If traveling by car:**

Take the A5 highway, exit at Weiterstadt toward Darmstadt, then continue on Gräfenhäuserstraße (B42). After the third major traffic light intersection, turn right onto Carl-Schenk-Ring, cross the next major intersection (Frankfurter Straße), and continue onto Martin-Luther-King-Ring. Turn right at the second traffic light and take the third exit at the roundabout onto Alsfelder Straße. There you will find the parking lot, located between Messplatz and Nordbad.

#### **Only Arrival and unloading of luggage:**

To unload, please drive up via D-64289 Darmstadt, Kastanienallee 21. Afterward, please park your vehicle in the designated parking lot (Alsfelder Str. 32, 64289 Darmstadt).





## 42nd International Shinson Hapkido Family Summer Camp in Darmstadt, July 31–August 7, 2026



### Registration for the 42nd International Shinson Hapkido Summer Camp 2026

**Name / School (Dojang):** \_\_\_\_\_

Please list all participants, including those exempt from the participation fee. Please mark participants attending free of charge with a bold dot. Participants not affiliated with a Shinson Hapkido Dojang: please provide your address.

**Please write legibly.**

**Registration:** Please register with your school director or instructor

**Registration deadline:** **July 1, 2026**

**Registration fee:**

€120 for members with Shinson Hapkido Pass

€150 for non-members

€60 for children and teenagers between the ages of 6 and 17 with a Shinson Hapkido Pass

€80 for children and teenagers between 6 and 17 years old without a Shinson Hapkido Pass

Free participation for people with disabilities and children under 6 years of age. Family discount: Adults and the first child pay the regular price. All additional children in the family participate free of charge.

The fee includes: Participation in training sessions, classes, and the official weekly program; campsite; facilities; a pennant; and a certificate. The fee includes: Participation in training and classes and the official weekly program (excluding the demonstration), campsite, facilities, pennant, and certificate. Proceeds from the participation fees support the social projects of ISHA e.V. and Shinson Hapkido Darmstadt e.V.

**Registration:** Registration is for the entire week. Those who can only participate on a daily basis are asked to note this on the registration form. Please understand that the full participation fee must still be paid.

Participation fees will be collected in advance by the dojangs and transferred. Those interested who do not belong to an official Shinson Hapkido dojang are asked to register directly with the Int. Shinson Hapkido Association e.V. and transfer the participation fee to the following account number:

**Account holder:** SHINSON HAPKIDO e.V.

**IBAN:** DE54508501500018009552

**BIC:** HELADEF1DAS

**Reference:** Last name, first name, Dojang

**For individuals:** Last name, first name, place of origin

**Please note:** A refund of the participation fee is only possible if you cancel in writing with the Int. Shinson Hapkido Association e.V. by July 18, 2026!

**If you cancel after July 18, 2026, the full participation fee must be paid!!!**

**Please send to:** Int. Shinson Hapkido Association e.V.  
< Summer Camp 2026 >  
Liebigstraße 27  
D - 64293 Darmstadt  
Tel. +49 (0)6151-294703  
Email: [sola2026@shinsonhapkido.de](mailto:sola2026@shinsonhapkido.de)

**Participation in the summer camp and training  
as well as the round-trip travel are at your own risk!  
No liability is assumed for personal belongings!**









42. Internationales Familien-Sommerlager



# SHINSON HAPKIDO

## Koreanische Kampfkunst



Spezialgast: Frau Mihwa Hüller-Oh  
Traditioneller koreanischer Tanz

# CHON-JIE-IN FESTIVAL

## Tag der offenen Tür

6.8.2026 16:30–18:00 Uhr

Leichtathletikstadion Bürgerpark-Nord, Darmstadt  
bei Regen: Rollsporthalle, Kranichsteinerstr. 84-88



Veranstalter: International Shinson Hapkido Association. e.V.  
Ausrichter: International Shinson Hapkido Zentrumsschule, Liebigstr. 27, D-64293 Darmstadt

