



신성합기도



40. International

Shinson Hapkido Summercamp



We walk a path together

July 26 – August 2, 2024

Elsenborn, Belgium



Vacation for the whole family. Health and fitness. International encounters and cultural exchange.



**Greeting from the President of the International Shinson Hapkido Association e.V.
Overall director of the Shinson Hapkido Summer Camp 2024, Ko Myong**

Dear participants of the 40th International Summer Camp,
dear Shinson Hapkido family,
dear friends of Do,



Life is like a cycle!

I am delighted that our 40th anniversary summer camp is once again taking place in the beautiful Eifel village of Elsenborn/Belgium in this beautiful setting, where the first Shinson Hapkido summer camp started 40 years ago with around 140 people.

Even back then, the motto was: international encounters - family - vacation - health and fitness, and it has lost none of its relevance and significance.

So that we can also practice our common path of humanity (training humanity, spreading humanity, achieving humanity), this is what the summer camp and its contents stand for: Cordiality / Living peace / Living healthy.

There is a lot of loneliness in our world, and even though luxury, industrialization and technology are increasing, poverty and individualization are also growing and separating people in society. Technology dominates in many places and wants to possess us. In the community, we can experience that we can also feel good and be happy with less material things; without computers, without media, without technology - only in nature and in the community.

Life is like a cycle: After 40 years, we come back to this place. We have not lost the founding idea, but have consciously retained it and have also grown over time.

These thoughts have grown out of the Chon Jie In movement: "Heaven, earth, people - with all living beings is ONE."

With this in mind, the preparations for this summer camp should also have an intention and provide a lot of strength and energy for the organizers and the dojang leaders as well as all Belgian dan holders, members and their families.

We will send our strength and thoughts for this work, so that the preparations and the organization of the summer camp lead to satisfaction for all involved.

We would like to thank everyone involved for their warmth, hospitality and effort in taking on this great task.

We would also like to say a big thank you to the German-speaking community and the municipality of Bütgenbach with Mayor Daniel Franzen for their support.

We would also like to thank the Herzebösch/Elsenborn sports and cultural community for making the hall and grounds available.



This year, the proceeds from the international charity show will go to the Shinson Hapkido social project Casa Verde/Peru/children's home and the local sheltered workshop "Die Zukunft" in Meyerode, a facility for people with disabilities. With this we want to support the social work of the Shinson Hapkido Dojangs in Belgium.

The International Benefit Martial Arts Show will take place on Thursday 01.08.24 for the first time in the Triangel Cultural and Event Center in St.Vith, we are already looking forward to this special setting.

The idea of this show comes from the consideration that we don't want to live healthy and happy lives alone, but that we want to share our joy and gratitude with others.

Dear Shinson Hapkido family, dear friends of the Do, it would be very nice if you all support this campaign, participate, or even advertise it, and thus send your interest.

Dear summer camp participants, we not only want to be healthy as humans, but also protect our environment as part of nature. Please limit the use of plastic, consciously preserve and protect nature, the environment and your surroundings.

Be role models for children and young people. We have been practicing this for years: We leave the place cleaner than we got it. Please internalize this message or pass it on, because our Shinson Hapkido work always has this thought in the background, with the Chon Jie In movement: "Heaven, earth, people - with all living beings is ONE."

We would also like to spread this further. The idea stands for everything in life, as we want to respect all forms of life, including animals, stones, plants, materials, etc.

In this way we can lead a life of peace, harmony and freedom, for ourselves and our neighbors, and also contribute to peace in the world.

I wish myself and your families to walk this path together - for peace, harmony and freedom.

"We are walking a path together".

I would be delighted if we could see and greet each other in person at the summer camp.

Himcha-gee! Julgeb-gee! Jaemiitt-gee!
Full of power! full of joy! with fun!

Yours, Sonsanim Ko Myong





Greeting from Isabelle Weykmans, Minister for Culture and Sport, Employment and the Media



Dear Shinson Hapkido friends,

This year, the international Shinson Hapkido camp is celebrating its 40th birthday! I would like to congratulate the founder and director Grand Master Sonsanim Ko Myong, as well as all those responsible and members, on the anniversary of this sporting, cultural and family-oriented event.

On behalf of the government of the German-speaking Community, I would like to welcome all participants from near and far to our region. I am very pleased that this year's hosts from East Belgium have spared no effort, in addition to the large tent camp in

Elsenborn, and have also organized an international charity martial arts show to benefit social projects for this special occasion. This means that the general public can also take part in this jubilee celebration and will certainly be drawn into the spell of martial arts.

Shinson means harmony between man and nature. 'Hap' stands for harmony, 'Ki' for energy and 'Do' is the way and the method. Accordingly, this sport is not just an art of movement and self-defense, but a health training for body and mind in which the focus is on the person as a whole. It teaches how to maintain, protect and heal oneself and others in a natural way by balancing body, vitality, heart and mind. Away from the stress of everyday life, the participants spend a summer camp where they can train, learn, laugh, have fun and find inner peace and recharge their batteries in a beautiful scenic setting.

I wish all participants of the summer camp an unforgettable time on the heights of the Eifel. A time in which they will experience a lot. I wish all those responsible a smooth event and would like to thank all the volunteers for their commitment.

I wish all spectators of the big international charity martial arts show a lot of fun and exciting insights into the techniques of Shinson Hapkido,

Isabelle Weykmans





**Greeting from Antonios Antoniadis, Deputy Prime Minister,
Minister for Health and Social Affairs, Regional Planning and Housing**

Dear ladies and gentlemen,
dear Shinson Hapkido friends,
dear participants of this year's summer camp,



It gives me great pleasure to welcome you to the 40th edition of the international Shinson Hapkido summer camp here in East Belgium. It is great that so many martial arts enthusiasts have once again found their way to Elsenborn, ready to spend an exciting and instructive time together. The summer camp offers you the opportunity not only to strengthen your physical skills, but also to delve deeper into the world of Hapkido.

In the coming days, you will not only train hard, but also have the opportunity to exchange ideas with like-minded people and make new friends. The summer camp offers the chance to build a strong community. Not only will you learn from each other, but you will also respect and support each other. The principles of courtesy, integrity and self-control will guide you on and off the training mat.

As with previous editions of the international Shinson Hapkido summer camp, this one is also characterized by cross-generational and cross-national exchange between the participants. This is what sport in general is all about: finding like-minded people who share the same passion and philosophy. Many volunteers have been working on this for 40 years. This deserves our respect and recognition at this point.

As Deputy Prime Minister and Minister for Social Affairs of the German-speaking Community of Belgium, I am also delighted that the summer camp is once again a charity event this year and that part of the proceeds will benefit the international social project "Casa Verde" as well as the sheltered workshop "Die Zukunft" Meyerode here in East Belgium. Passion combined with a good cause. What more could you want?

I wish you all an inspiring, educational and above all entertaining time at this year's Shinson Hapkido summer camp. May you achieve your desired goals, make new friends and leave the camp with new insights.

Here's to a fantastic time together!

With sporting greetings,

Antonios Antoniadis





Greeting from Daniel Franzen, Mayor of the municipality of Bütgenbach



Dear participants of the 40th International Shinson Hapkido Summer Camp,
dear guests,



It gives me great pleasure to welcome you, dear athletes and friends of Shinson Hapkido, here in Elsenborn and in our community of Bütgenbach.

This is the 7th time that we have had the honour of organizing the international summer camp in Elsenborn. Anything that is organized more than twice can be called a "tradition" - which is how the popular summer camp has made a name for itself over the years.

But an event like this also requires a great deal of commitment - and this is where the clubs really come into their own. The local sportspeople are not only involved in their sport, but are also committed to their club. In this way, they contribute to the identity of our region. I would like to express my special thanks and recognition for this.

At the 40th international summer camp, we are looking forward to great training sessions and a good exchange among the numerous guests. International encounters and the cultural exchange that goes with them are a real benefit and an unforgettable experience for everyone involved. Take advantage of it.

The martial arts show is sure to be the big highlight of the camp again this year and will fascinate many visitors.

In addition to sporting activities, you may also have some time to explore our rural community. Enjoy the beautiful nature or enjoy our culinary offer - there should be something for everyone.

On behalf of the council and college of the municipality of Bütgenbach, I would like to thank all those responsible and members of the organization as well as their voluntary helpers, patrons and sponsors for their commitment to the preparation and implementation of this year's international Shinson Hapkido summer camp and wish everyone involved lots of fun and success!

Daniel Franzen
Mayor





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Greeting from Sabomnim Martin Backes, President of the Belgian Shinson Hapkido Association

Dear guests and friends, welcome to the 7th International Shinson Hapkido Summer Camp in Elsenborn/Belgium.



How time flies. 40 years ago, the 1st International Shinson Hapkido Summer Camp took place here on the heights of Elsenborn. Nobody would have thought back then that we would return to the original location this year. Some of those first participants are still here this time.

The Belgian Shinson Hapkido family would also like to organize the 40th anniversary summer camp, which will be the 7th summer camp in Belgium.

True to our motto "We walk a path together", we wish all participants lots of fun and happy hours so that this summer camp remains an unforgettable experience.

Preparing all of this requires the help of many hands. We would like to take this opportunity to thank everyone who has supported and helped us in any way, be it financially, materially or morally.

Special thanks go to those responsible at the Herzebösch sports and cultural center, who were immediately willing to make the entire facility available to us. We would also like to thank the German-speaking community and the municipality of Bütgenbach for their support.

A special word of thanks also goes to the person without whom this summer camp would probably never have existed, the founder of Shinson Hapkido, Sonsanim Ko Myong, who initiated this event 40 years ago.

Sabomnim Martin Backes, 1st Ki





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Summer camp 2024

Date:

July 26 - August 2 in Elsenborn Herzebösch

Location:

Herzebösch, Lagerstraße 36, B - 4750 Elsenborn

Organizer:

International Shinson Hapkido Association

Organizer:

Shinson Hapkido Dojang Elsenborn
with the support of the Dojangs Amel, St. Vith
and Eupen.

Overall management:

Sonsanim Ko Myong

Organizational management:

Bu-Sonsanim Kurt Brück

Organization:

Gömjöng-Ddi Melanie Halmes
Bu-Sabomnim Patrick Simons

Overnight stay:

In own tents.

Info: we cannot provide electricity for mobile homes or similar.

Pets:

Please do not bring any pets.

Liability:

Participation in the summer camp and training as well as the outward and return journey are at your own risk!

Venue:

Triangel Culture & Event Center
Vennbahnstraße 2, B - 4780 St. Vith

Contact:

E-Mail: sola2024@shinsonhapkido.be

Internet: sola2024.shinsonhapkido.be

Address: Bu-Sonsanim Kurt

Brück Jensit 62

B - 4760 Wirtzfeld / Büllingen

Phone: +32 80 64 26

24 +32 497 79 79 15

Who can participate? Participation in the 40th International Shinson Hapkido Summer Camp is open to everyone. Please forward this announcement to interested organizations, clubs (music, dance, movement and martial arts, etc.).





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Participation fee:

- 120 € for members of Shinson Hapkido
- 140 € for non-members
- 60 € for children with a Shinson Hapkido Pass between 6 and 17 years old
- 80 € for children without a Shinson Hapkido pass between 6 and 17 years old
- 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 other children under the age of 18 are free of charge

The fee includes: Participation in the training and lessons and the official weekly program (without benefiz show), camp site, pennant and certificate.

Registration:

Registration is valid for the entire week. If, for important reasons, you are only able to participate on a daily basis, please note this in your registration.

Please understand that the participation fee must still be paid in full. For organizational reasons, the participation fee can only be refunded if you cancel before 14 July 2024.

Application deadline:

July 1, 2024





Planned weekly program

Friday, July 26 - Arrival

- 18.00 - Meeting of parents with children under 5 (kindergarten tent)
- 21.00 - Meeting of the dan holders/kyosanim (dan room)

Saturday, July 27

- 9.00 a.m. - Official opening of the 40th Shinson Hapkido Summer Camp
- 11.30 a.m. - Meeting of the waste representatives at the recycling site
- 18.00 - Meeting of the medical team (doctors, alternative practitioners, etc.) in the medical tent
- 20.00 - Evening together in the community hall, official introduction of all participants

Sunday, July 28

- 20.00 - Social get-together in the community hall
- 20.00 - Meeting of the Korea Travel Team 2024 in the community hall

Monday, July 29

- 20.00 - International, colorful evening in the community hall with award ceremony for the best contributions

Tuesday, July 30

- 19.00 - International Shinson Ball Tournament (fun ball tournament for the whole family, a mix of soccer, handball and volleyball; team: 3 children, 3 women and 3 men).
Followed by an award ceremony and prize-giving

Wednesday, July 31

- 15.00 - Walk in the countryside
- 20.00 - International music festival in the community hall

Thursday, August 1

- 15.00 - Dress rehearsal of the participants in the performance hall (triangle)
- 6.30 pm - Large Shinson Hapkido demonstration "Between Heaven and Earth" in the Triangel / St. Vith, for the benefit of the Shinson Hapkido social project Casa Verde (street children in Peru) and the sheltered workshop Meyerode.

Friday, August 2

- 9.00 a.m. - Group photo, followed by final group training session
- 14.00 - Farewell and official end of the 40th International Shinson Hapkido Summer Camp in Belgium with presentation of pennants and certificates and announcement of the 41st International Summer Camp in Switzerland.

Saturday August 4

- This year it is possible to stay on the campsite on Saturday, on your own responsibility and without an official program.

Note: During the daily training times, parents who wish to participate in Shinson Hapkido training can leave their children (up to 5 years) in our kindergarten.
The organization reserves the right to adjust the weekly program if necessary.



Some information on planning...

Entertainment evening and international music festival:

This year we want to organize a entertainment evening and a music festival again. We ask you to prepare contributions and bring musical instruments.

Beer table sets:

We offer a certain number of beer table sets for hire. > Beer tent sets (1 table + 2 benches = approx. 8 people)

Food offer:

Your physical well-being is comprehensively catered for! We attach great importance to fresh and regional products. There is an extensive breakfast buffet, various options for hot meals and snacks



(various hot and cold dishes, traditional fritters and of course something for those with a sweet tooth). Bread rolls and croissants can also be ordered fresh daily.

First aid:

As always, the first aid tent will be manned 15 minutes before and up to 15 minutes after the training sessions. In order to be able to treat minor injuries directly on site, we ask the individual dojangs to bring a small first aid kit with plasters, ointment and bandages and keep it with them.

Medical care:

First aid on Saturday will be provided by the organizer.

Kindergarten:

Once again this year, there will be a childcare service for children aged three to five during training times. Children under the age of 3 must be accompanied by an adult.

Waste:

In order to minimize the impact on the environment, we want to avoid waste as much as possible. However, the waste that is produced should be separated appropriately. We therefore ask each dojang to select a recycling officer who will be trained by us and will help with waste separation in problematic cases. We ask all participants not to use disposable crockery and plastic cutlery.

Rooms:

Unfortunately we cannot arrange rooms. You can find more information at www.ostbelgien.eu.

Punch cushion (Mokpyomul):

Each Dojang would like to bring their own claws!





Please bring....

- Dobok and tracksuit
- Shinson Hapkido card
- Tent
- Sleeping bag
- Air mattress or other sleeping pads
- Writing material
- Cutlery and tableware
Shinson Hapkido also works to protect our environment. Therefore, please do not use disposable tableware.
- Swimsuit
- Warm clothing / rain gear
- From 4th Kŭp (red belt): Jangbong (long stick)
- First aid team: 1st aid material (voluntary)
- Flashlight, power bank (if necessary)

Training groups:

- Kindergarten for children from 3 to 5 years
- Children from 6 years
- First introduction beginners (people without prior knowledge)
- Ki Do In/healing gymnastics (slow basic techniques, meditation, fun, massage)
- Beginners
- Intermediate level
- Advanced
- Blackbelts

Training content:

- Living and laughing together
- Joint meditation
- Ki Do In (health gymnastics)
- Breathing techniques
- Shinson Hapkido techniques (internal and external self-defense)
- Acupressure

Training times:

- 09.30 - 10.00 Community training
- 10.00 - 11.30 a.m. Training in groups
- 12.00 - 13.00 Training course for Blackbelts
- 16.00 - 17.30 Training in groups
- 17.30 - 18.00 Community training

Participation:

Participation in the official summer camp program is optional. Both the training and the supporting program are only offers from which you can choose what suits you.

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





Directions

By car:

from the north:

- Take the A1 highway towards Cologne and continue towards Euskirchen until the end of the highway at Blankenheim.
- then take the B51 to the Stadtkyll exit on the right towards Kronenburg - Hallschlag - Losheimergraben border
- Turn right at the traffic circle in the direction of Büllingen - Bütgenbach - Elsenborn.
- In Elsenborn turn left at the church until you leave the village - right side Herzebösch.

from the south:

- From Darmstadt, take the A67 to Rüsselsheimerdreieck, then take the A60 towards Mainz as far as the Nahetal junction;
- From there, take the A61 towards Koblenz-Köln until before Rheinböllen, then take the B50 towards Trier/Hahn Airport (Hunsrückhöhenstraße), cross the Hochmoselbrücke bridge and continue on the A60 to Belgium as far as St. Vith Nord.
- Continue along the country road via Amel and Bütgenbach to Elsenborn.

from the Netherlands:

- Direction Maastricht-Vaals-Aachen border
- Lichtenbusch - direction Eupen
- through Eupen in the direction of Hohes Venn - Sourbrodt - Elsenborn Camp - Elsenborn town entrance left side Herzebösch

By train:

Travel to Cologne, then via Aachen to Eupen or Verviers.

Continue by bus to Elsenborn.

By airplane:

Either via Cologne/Bonn (D), Maastricht (NL) or Liège Airport (B). From there, take the train to Eupen or Verviers, then continue by bus to Elsenborn.

Parking spaces:

Please follow the signs near the summer camp.



We hope you enjoy taking part and wish you a safe journey to and from the event. Participation as well as arrival and departure are at your own risk.





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Registration for the 40th International Shinson Hapkido Summer Camp 2024

Shinson Hapkido members please register **via the dojangs**; this way the participation fee will also be bundled per dojang.

Cancellations are possible until July 14, 2024, in case of later cancellation the participation fee must be paid. We ask for your understanding.

For all participants under the age of 18 who are not accompanied by a parent or legal guardian, a **declaration of consent** from the parent or legal guardian is required! See attachment. This must be handed in to your Kyosanin.

Those responsible for the dojang must forward their complete **registration as an Excel file** to Patrick Simons by **July 1, 2024** at the latest and transfer the participation fees to the following account by **July 15, 2024** at the latest:

Int. Shinson Hapkido Ass e.V

IBAN: **DE36 5519 0000 0107 6440 49**

BIC: MVBMD55

Message: Sola 2024 Belgium - Dojang ...

Interested parties who do not belong to an official Shinson Hapkido Dojang are requested to register in writing by e-mail and to transfer the participation fee themselves.

Important! Please present proof of bank transfer when registering on site.

Send registrations to: Bu-Sabomnim Patrick Simons

E-mail: sola2024@shinsonhapkido.be

Phone: 0032 476 33 11 53





Declaration of consent

I hereby agree to the participation of my daughter/son

First name, last name:

from the dojang (school):

at the **Shinson Hapkido summer camp**, from July 26 to August 2, 2024 in Elsenborn (Belgium)

I agree. I am familiar with the teaching methods of Shinson Hapkido and I 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 objection is excluded.

I am not aware of any physical damage, infectious diseases or disabilities of my child that would make participation in this adventure camp inadvisable or prohibit it.

there are health restrictions (e.g. asthma, seizure disorders, allergies, etc.):

The following medications must be taken regularly:

Date and signature of a parent or legal guardian

Name and address of the legal guardian (please include telephone number)

