



Shinson Hapkido

Spring-Seminar

with Sonsanim Ko.Myong

18.-20th March 2005 in Cologne

HEARTY INVITATION

WE, SHINSON HAPKIDO KÖLN E.V., INVITE YOU HEARTILY TO OUR SECOND SHINSON HAPKIDO SEMINAR WITH GRANDMASTER KO. MYONG (FOUNDER OF SHINSON HAPKIDO) UND MANY OTHER BLACK-BELT-TEACHERS. We are looking forward to experiencing a weekend of motion, solidarity and enjoyment for every person – no matter of age or training-status: Everybody is invited by heart. We wish you to take pleasure in moving on together with us. Thank you very much for your attention.

PROGRAM

FRIDAY, 19 - 21 hrs 19:30 hrs	18 th of March Training from 1st Dan on PLACE: Dojang of Shinson Hapkido Köln e.V., Kartäusergasse 24 Meeting of participants till 1st Kup for visit of a traditional "Brauhaus" of Cologne PLACE: Dojang of Shinson Hapkido Köln e.V., Kartäusergasse 24
SATURDAY, 9 hrs 10 - 11 hrs 11 - 12.30 hrs 12.30 - 14 hrs 14 - 15.30 hrs 15.30 - 16.30 hrs from 18 hrs on	19 th of March Announcement Co-Training for everybody (NEWCOMERS, ADVANCED, CHILDREN, COURIOUS AND INTERESSTED FROM OTHER MARTIAL ARTS) Group-Training (GYMNASTICS, NEWCOMERS, ADVANCED, CHILDREN, ...) PLACE: Halle of Humboldt-Gymnasium, Auf den Siebenburgen Lunch-Break Healthy food for free, beverage will be sold. PLACE: Evangelische Gemeinde Köln (EGK), Kartäusergasse 7 Group-Training Co-Training for everybody PLACE: Halle of Humboldt-Gymnasium, Auf den Siebenburgen Dinner and Chat Healthy food for free, beverage will be sold. PLACE: Evangelische Gemeinde Köln (EGK), Kartäusergasse 7
SUNDAY, 6 - 7 hrs 7.30 - 8.30 hrs 10 - 11 hrs 11 - 12.30 hrs from 13 hrs	20 th of March Meditation and Gymnastics PLACE: Dojang of Shinson Hapkido Köln e.V., Kartäusergasse 24 Breakfast PLACE: Evangelische Gemeinde Köln (EGK), Kartäusergasse 7 Training for the whole family (CHILDREN OF EVERY AGE ARE WELCOME) Co-Training for everybody (SEE SATURDAY) PLACE: Halle of Humboldt-Gymnasium, Auf den Siebenburgen Lunch and Chill-Out PLACE: Evangelische Gemeinde Köln (EGK), Kartäusergasse 7

- CHARGE:** **Euro 50,-*** for adults and adolescents;
Euro 25,-* for children from 7 to 12 years.
(Children up to 6 years are free. Please bring charge gathered.)
- APPLICATION:** Please apply via your Dojang (**Dead-Line: 4th of March**)
Application-Form is enclosed. Single participants can apply per Fax, E-Mail or on Saturday before the start of the seminar.
- SEND APPLICATIONS TO:** Shinson Hapkido Köln e.V., Kartäusergasse 24, 50678 Köln,
Tel.: 0221-73 93 272, Fax: 0221-97 26 803,
E-Mail: info@shinsonhapkido-koeln.de, www.shinsonhapkido-koeln.de
Visitors from abroad may stay with people from Cologne.
Please mark on the enclosed application-form.
- PROMOTER:** Shinson Hapkido Verband Deutschland Nord e.V.
- ORGANIZER:** Shinson Hapkido Köln e.V.,
with kind agreement of the International Shinson Hapkido Association e.V.

* Every possible plus of charges will be donated to our social projects.

