



Shinson Hapkido

22nd International Summer Camp

July 21 – 28, 2006 in Elsenborn/Belgium



with **Sonsanim Ko. Myong**



Holidays for the entire family

Healthcare and fitness

International experience and cultural exchange

We will walk a path together.

<http://www.shinsonhapkido.org>



Dear Shinson Hapkido Family and Summer Camp Friends,

I am very happy that our summer camp will take place in the beautiful landscape of the Belgian Eifel this year.

Organizing a summer camp means a lot of hard work, but it brings much joy and happiness too. Furthermore, this event has a considerable positive influence on our environment. Even if not everything is perfect, we can surely overcome all problems and differences, if we try to respect and understand each other. An event like the summer camp helps us to feel our community with other people and our oneness with nature. It encourages us to embrace each other. And it takes us a little bit closer to our goal which is to live a healthy life and to practise, propagate and establish a peaceful and really human way of life. This includes that we share with each other, help each other and treat each other with warmth and heartiness.

Nowadays we use to look to the outside most of our time. We are tempted by an increasing number of materialistic offers which strive to occupy our heart and mind. Our true life, our soul is faltering and in danger of getting lost. The summer camp can help us to get back to our inner self, to hear the true voice of our heart again and to restore the harmony of body and soul. It offers the chance to melt away the walls between us and to live in harmony with nature. I really wish that we all discover again our true, original life.

Heaven-earth-mankind is one. This is the spirit of the Chon-Jie-In movement, this is the path which we want to go together, and this is the basis of all efforts and activities of Shinson Hapkido. It helps us to understand and respect each other and to live in peace. The summer camp is a part of this work for peace and understanding, and I am glad that it will take place already for the 22nd time this year.

Everybody is invited to join us on the summer camp. The training and entertainment program is only meant to be an offer which is at your free choice. The summer camp has just one goal: relaxation of body, heart and mind.

Our slogan for this year which, in Asia, is called the "year of the dog" is:

HYONGSANG UL BORYORA
Let go of illusions and expectations.

We want to free our enslaved heart, so that it can shine again with a clear and pure light. Expectations are the source of disappointment. If you do not expect, you cannot be disappointed. Greed and hun-

ger for power shorten our life span. I hope that all summer camp participants will have the chance to cleanse themselves, to relax and recover.

The place where we will get together this year is the same where the first summer camp was held! For inviting us again, I would like to render my kindest thanks to Kyosanim Martin Backes, to all Belgian blackbelts and to the entire Belgian Shinson Hapkido family. I wish them much energy, love and affection for this big task.

The summer camp is not the responsibility of a single person – it belongs to all of us and is open to everybody. I wish that a lot of inspired people will come and take part in this event with all their heart and energy. Every single participant counts. For whatever is done heartlessly is dead. What use has an event without people? No heart, no life.

Finally, I would like to express my sincerest thanks to Mr. Emil Dannemark, mayor of Bütgenbach, and all citizens and neighbours who kindly open their doors for us.

I am confident that our summer camp will strengthen the health and energy of all those who are involved in this event. The summer camp is a big chance for people of different countries to meet peacefully and joyfully, and thus it is our contribution to peace in the whole world.

To you and your families I wish a lot of clear energy (Ki) and a warm heart.



Sincerely yours,

Sonsanim Ko. Myong

President of Int. Shinson Hapkido Association e.V.
Director of Events



**Dear Shinson Hapkido Friends,
Dear Guests from Near and Far,**

It is already for the fourth time that the community of Bütgenbach, and especially the town of Elsenborn has the honour of welcoming you, dear guests, to the 22nd International Shinson Hapkido Summer Camp.

I wish that you will be able to refresh and revitalize body and mind during this week in Elsenborn. I am sure that this international event will help you to learn more about other countries and cultures, to find new friends and to strengthen your existing friendships.

Our tourist-friendly community and our beautiful nature will certainly help to make your summer camp a great success.

I know from experience that such a big event as your summer camp is involved with a huge amount of work. So I would like to thank all voluntary helpers, too.

I wish you much pleasure and joy in Elsenborn and its surroundings.



Emil Dannemark
Mayor of the Community Bütgenbach

**Dear Guests and Friends,
Welcome to Belgium!**

It is a particular honour to the Belgian Shinson Hapkido family to welcome you, dear friends, whether tall or small, whether young or old, to the 22nd International Shinson Hapkido Summer Camp, which will take place in Elsenborn/Herzebösch for the fourth time in the long history of this event.

Many of you have already been here for one or more of the past camps, and we would be very glad to spend some joyful and unforgettable days together with you this time again.

You can surely imagine that organizing a summer camp requires a lot of effort and work, but we have never lost our passion for this "work to the benefit of mankind".

The basic idea remains the same as ever: to bring together people from different countries and cultures in a healthy nature, and to give them the chance to train Shinson Hapkido and to spend their holidays with the entire family at the same time.

Many helping hands are necessary to organize such an event. We would like to say "thank you" to all those who support and help us in any way: materially, financially or by encouraging us.

Furthermore we wish to thank most cordially all Dojang leaders and black-belts who are not afraid of the effort and work it takes to travel to Belgium together with their students.

Our special thanks, however, belong to Sonsanim Ko. Myong, founder of Shinson Hapkido. Without him this fourth summer camp in Belgium and all other summer camps never would be, or would have been possible.

Finally, I wish you much joy of life and good health. I look forward with pleasure to welcoming you in Belgium soon!



Kyosanim Martin Backes
and the Belgian Shinson Hapkido Family

Email: sola2006@shinsonhapkido.org

Important Information:

Targets (Myok-Pyo-Mul):

Each Dojang is requested to bring along his own targets.

Evening of Music and Entertainment (Monday) and International Music Festival (Wednesday):

As in previous years, we would like to arrange an evening of music and entertainment and a music festival. We kindly ask you to prepare some contributions and to bring along musical instruments.

We are lending out a limited number of **garden tables** each with two benches included.

Unfortunately we cannot arrange **guestrooms** to rent. Please contact directly:

Tourist Information Ostkantone
Mühlenbachstraße 2 B
4780 Sankt Vith, Belgium
Tel.: 0032/80/227 664
Fax.:0032/80/226 539
<http://www.eastbelgium.com>

Mealtime Offers:

Several snacks will be available at the snack bar (salad, "Belgian" fried potatoes, soup, potato-pancakes). Furthermore, we will offer a self-service breakfast buffet, a well-balanced lunch and Korean snacks.

In addition, the Belgian Shinson Hapkido "summer camp canteen" will prepare some special mealtime offers. Further information will follow. Beverage will be available in the Herzebösch hall.

Medical First Aid:

To be able to attend small injuries on the camp site, we ask the Dojangs to bring along and deposit a small first aid set containing dressings, ointments and bandages.

Medical Care:

First aid on Saturday will be provided by the camp organizer. Physicians and other medically trained personnel will please meet on Saturday, July 22nd, 18:00 h at the medical aid tent.

Contact: Bu-Sabumnim Kurt Brück

Kindergarten:

This year again during training hours children between three and five years of age will be accepted. Younger children must be accompanied by adults. First meeting will be on Friday, July 21st at 18:00 h at the Kindergarten.

Contact: Renate Wiesemes

Waste:

To reduce the pollution of our environment as much as possible, we have developed a "waste concept" which will help us to avoid waste whenever possible or else to separate it sensibly. We ask each Dojang to appoint a recycling representative who will be instructed by us and who can be helpful in case of queries. First meeting: Saturday, July 22nd at 11:30 h.

Contact: Kyosanin Christoph Hennes



Schedule of the Week

Friday, July 21st

- Arrival
- 18:00 h Parents of children younger than 5 years meet at the kindergarten
- 21:00 h Black belts meet at the Dan tent

Saturday, July 22nd

- 09:00 h **Official Opening Ceremony of the 22nd Shinson Hapkido Summer Camp**
- 11:30 h The recycling representatives meet
- 18:00 h The physicians etc. meet at the first aid tent
- 20:00 h Evening of welcome, official introduction of all participants

Sunday, July 23rd

- 20:00 h Meeting of the Korea travelling group 2006 in the community tent

Monday, July 24th

- 20:00 h **Evening of Music and Entertainment** with award ceremony for the best performances

Tuesday, July 25th

- 18:30 h **International Shinson Ball Tournament** (funny tournament of a ball game for the whole family, a mixture of soccer, handball and volleyball, a team consisting of 3 children, 3 women, 3 men). Afterwards there will be an award ceremony with presentation of the prizes.

Wednesday, July 26th

- 15:00 h **Walk** in the beautiful nature surrounding the lake Bütgenbach
- 20:00 h **International Music Festival**

Thursday, July 27th

- 14:00 h Dress rehearsal for all participants at the performance
- 19:00 h **Big Shinson Hapkido Performance "Between Heaven and Earth"** for the benefit of social projects of ISHA like Casa Verde/Peru and social projects in the East of Belgium



Friday, July 28th

- 9:00 h Group picture
- afterwards last community training
- afterwards **22nd Summer Camp Kup-Examination** (Kyosanims are requested to completely prepare the admission documents)
- 14:00 h **Official Farewell** of the 22nd International Shinson Hapkido Summer Camp in Bütgenbach including handout of the pennants and certificates and announcement of the 23rd International Shinson Hapkido Summer Camp 2007 in Cham/Switzerland

Sat./Sun., July 29th and 30th

It is possible to spend another two days on the camp site on your own account and without official program.

This schedule will be subject to alterations where necessary.

Please bring along...

- + Gumboots ;-)
- + Dobok and sweat suit
- + Shinson Hapkido passport
- + Tent, sleeping bag, camping mattress etc.
- + Writing utensils
- + Cutlery and dishes
- + Bathing equipment
- + Warm / rainproof clothing
- + Beginning with 4th Kup: Bong (stick)
- + Each Dojang is requested to bring along his own targets (Myokpyomul)
- + First aid team: first aid material (voluntary)

It is also the aim of Shinson Hapkido to protect our environment. Therefore please do not use disposable dishes.

We kindly ask you to support the financing of the summer camp by not taking your own food and beverage into the community tent but buying it there.

Training Groups:

- + Kindergarten for the 3 to 5 year olds
- + Children from the age of 6
- + Come to know (for those who have no previous knowledge)
- + Gymnastics (Ki-Do-In-Bop, slow basic techniques, meditation, fun)
- + Group for the elderly
- + Beginners
- + Intermediates
- + Advanced
- + Black-belts



Training Hours:

- 09:30 - 10:00 h Community training
- 10:00 - 11:30 h Group training
- 12:00 - 13:00 h Black-belt training
- 14:00 - 15:00 h Health and life advice, medical first aid
- 16:00 - 17:30 h Group training
- 17:30 - 18:00 h Community training



Training Contents:

- + Community meditation
- + Ki-Do-In-Bop (health gymnastics)
- + Breathing techniques
- + Internal and external self-defense
- + Acupressure
- + Living and laughing together

Participation in the official summer camp program is voluntary.

Trainings as well as all other events are only meant to be offers, out of which you can choose whichever you want to attend.

But still we ask you to respect and to support the spirit and community of the summer camp.



Summer Camp 2006

Date: July 21st - 28th, 2006 in Bütgenbach, Belgium

Venue: Herzebösch-Area of Sport in 4750 Elsenborn/
Bütgenbach, Belgium

Venue of the Shinson Hapkido Performance:
Sport- und Freizeitzentrum Worriken / Bütgenbach

Organizer: Shinson Hapkido Association Belgium

By Authority of:

International Shinson Hapkido Association e.V.
Liebigstr. 27, D - 64293 Darmstadt
Tel/Fax: + 49 (0)6151/2947-03/-33
E-mail: info@shinsonhapkido.org

Director of Events: Sonsanim Ko. Myong

Organizational Management:

Kyosanim Martin Backes
Assistant: Bu-Sabumnim Kurt Brück

Accommodation: Your own tents

Pets: Pets are not allowed!!

Liability: Participation in the summer camp and training sessions as well as the journey to the camp and home are at your own risk. No liability for brought along objects!!

Contact:

Shinson Hapkido Dojang Elsenborn
c/o Bu-Sabumnim Kurt Brück
Wirtzfeld 92
B - 4760 Büllingen
Tel +32 80 - 642 624
sola2006@shinsonhapkido.org

Who can participate: There are no restrictions as to who may take part in the 22nd International Shinson Hapkido Summer Camp. Please pass this announcement also on to interested organisations, associations (of music, dancing, martial arts etc.).

Participation Fee:

- € 40.- for SH-Members from 6 to 17 years of age (holder of SH-pass and their families)
- € 85.- for SH-Members of and above 18 years of age (holder of SH-pass and their families)
- € 60.- for non-SH-Members from 6 to 17 years of age
- € 130.- for non-SH-Members of/above 18 years of age

Reduction for families: Adults and the first child will pay full, all further own children are released.

This fee includes participation in trainings, lessons, cultural program of the camp (except the performance), camp site accommodation and infrastructure, pennant and participation certificate.

The proceeds of the Summer Camp will be used to support ISHA e.V., CJI e.V. and the Chon-Jie-In project „A Centre for Life“.

Registration: Registration is for the entire week. Those who wish to participate on selected days are kindly asked to remark this on their registration.

Registration deadline is July 1st, 2006



Registrations are to be sent to:

International Shinson Hapkido Association e.V.
< Summer Camp 2006 >
Liebigstr. 27
64293 Darmstadt, Germany
Fax. +49 (0)6151-294733
E-Mail: sola2006@shinsonhapkido.org

Those who already train Shinson Hapkido will be registered via their home Dojang. Participation fee is to be paid upon registration (with number of SH-Pass) at the home Dojang.

Attention Shinson Hapkido black-belts: please specify your Dan degree and Ki generation.

Those registering a Dojang will find detailed instructions on the summer camp homepage:

<http://www.shinsonhapkido.be/De/Sola.html>

The collected registration fees for complete Dojangs have to be paid on the camp site at the registration.

Those interested who are not related to an official Shinson Hapkido Dojang are asked to register directly at the Int. Shinson Hapkido Association e.V. and to pay their fee on the camp site at the registration.

Note!

Refund of participation fees is only possible with written cancellation to Int. Shinson Hapkido Association e.V. until July 7th, 2006.

Thank you for your understanding.



How to get there: Route Description for the Summer Camp 2006

Address: Herzebösch-Area of Sport in
4750 Elsenborn/Bütgenbach, Belgium

By car:

Coming from the North:

Take freeway A1 towards Cologne, then towards Euskirchen, stay on the freeway until it ends at Blankenheim.

Take B51 until exit Stadtkyll, turn to the right in direction of Kronenburg – Hallschlag - Losheimergraben frontier.

Leave the roundabout directly on the other side (straight forward) towards Büllingen - Bütgenbach - Elsenborn. Turn left at the church, follow the street until you reach the town exit; there on the right side you will find "HERZEBÖSCH LAGERPLATZ" (camp site).

Coming from the South:

Ex Darmstadt, take freeway A67.

At Rüsselsheimer Dreieck change to freeway A 60 towards Mainz; stay on this freeway until „Dreieck Nahetal”,

then change to freeway A61 towards Koblenz – Cologne, stay on A61 until „Kreuz Bliesheim”,

then change to freeway A1 towards Euskirchen Blankenheim – see above (from the north)

P.S. There are several possibilities.

From the Netherlands :

Direction Maastricht - Vaals - Aachen frontier Lichtenbusch in direction of Eupen Pass trough Eupen, direction Hohes Venn - Sourbrodt Elsenborn Camp – Elsenborn, at the town entry on the left side you will find the Herzebösch camp site.

For more information: online route planning

Car-park: close by the summer camp site; watch for the signposting.

By train:

Take the train to Cologne, then via Aachen to Eupen or Verviers, there take the bus to Elsenborn.

By air:

Take a plane to
- Maastricht
- Liege Bierset

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





Registration – 22st Int. Shinson Hapkido Summer Camp 2006

Name / School (Dojang): _____

Please enlist all participants, also those who are exempted from the participation fee. These should please be marked by a black dot ●. Participants, who are not related to an official Shinson Hapkido Dojang, please specify your address. **Please write clearly.**

Registration: Please register with your Head of Dojang / Teacher or their deputy

Registration deadline: July 1st, 2006

Participation fee: € 40.- for SH-Members from 6 to 17 years of age (holder of SH-pass and their families)
€ 85.- for SH-Members of/above 18 years of age (holder of SH-pass + their families)
€ 60.- for non-SH-Members from 6 to 17 years of age
€ 130.- for non-SH-Members of and above 18 years of age

Reduction for families: Adults and the first child will pay the full amount, all further own children are released.

This fee includes participation in trainings, lessons, cultural program of the camp (except the performance), camp site accommodation and infrastructure, pennant and participation certificate). The proceeds of the Summer Camp will be used to support ISHA e.V., CJI e.V. and the Chon-Jie-In project „A Centre for Life“.

Registration: Registration is for the entire week. Those who are only to take part at single days are kindly asked to remark this on their registration. Please understand that in any case the full registration fee has to be paid.

Participation fee is to be paid on registration (with number of SH-Pass) at the home Dojang. Single persons without Dojang can pay on the camp site at the registration.

Busses/Caravans: We are coming with _____ busses and/or _____ caravans.

Please send to: Int. Shinson Hapkido Association e.V.
< Sommerlager 2006 >
Liebigstr. 27
D - 64293 Darmstadt
Tel. +49 (0)6151-294703
Fax. +49 (0)6151-294733
email: sola2006@shinsonhapkido.org

**Participation in the summer camp and training sessions
as well as the journey to the camp and home are at your own risk.
No liability for brought along objects**



Registration – 22st Int. Shinson Hapkido Summer Camp 2006

Name / School (Dojang): _____
Head of School / Teacher: _____
Contact address: _____
Tel., Fax, Email: _____

Please write clearly!!!

Page:..... /

| Nr. | Name & Address | Pass-Nr. | Nation | Age | Kup, Dan/Ki | Signature |
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