

26TH INTERNATIONAL



**SUMMER CAMP
TÜBINGEN/GERMANY**

JULY 30 – 6 AUGUST 6

Director of Events: Ko Myong
Holidays for the entire family
Healthcare and fitness
International experience and
cultural exchange

We walk a path together



www.shinsonhapkido-tuebingen.de

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2010





Greetings of President Ko Myong, Int. Shinson Hapkido Association e.V. Director of events Shinson Hapkido Summer Camp 2010



Dear participants in our Shinson Hapkido Summer Camp, dear citizens, dear show visitors, dear friends!

I am very happy about the Shinson Hapkido International Summer Camp in the historic and picturesque university town of Tübingen. And I thank God for this wonderful event.

The aim of Shinson Hapkido is to train, to spread and to aspire humanity. During the summer camp we want experience in our hearts that "heaven, earth and humankind (in fact: all living creatures) are one – there's one world". We will work towards becoming true humans, respecting each other and encountering each other with love for our neighbour and for nature.

A healthy mind and heart implies a healthy body. A healthy body implies a healthy heart. With this conviction and with trust we will be training for health for body and mind, for they are inseparable.

So in the Shinson Hapkido Summer Camp we will be training our health, but also sharing our thoughts, deepening what we have learned and encouraging and assuring each other. This will confirm our knowledge that "I and You", that we are one and will fill us with "ki", power, courage and spirituality for our lives.

The motto of the camp is "Holidays and recreation for the whole family, health and fitness, international encounter and cultural exchange". It will be a time to pause and "regaining our breath" also.

The Summer Camp is open to people regardless of their age, membership in associations, religion, ideology or nationality. Each year we try to find a place suitable for family vacations and enjoying nature with a small budget.

I want to express my wholehearted gratitude to the organizers of the camp and all volunteers involved, Sabomnim Jochen Liebig, all Danbearers, members, families and friends of the Shinson Hapkido Dojang in Tübingen and wish them much power, and courage, but also a lot of fun for this sudorific social event.

I thank the citizens of Tübingen for sharing with us such a beautiful location for the camp.

Thank you especially to Mayor-in-Chief Michael Lucke and the many persons in the different administrations and associations that helped making this event possible.





We do not just want to have a good time for ourselves but we want to share our experiences with others. That's why we will put a big international Shinson Hapkido show on Thursday, August 5, at 7 pm in the district gymnasium (Kreissporthalle TV Derendingen). The proceeds of this show will be divided between the street children's project "Casa Verde" in Arequipa/ Peru and the "Foundation for Children with Cancer" in Tübingen. So you are cordially invited to an exciting show. And bring your friends!

"We are walking a path together" – this describes the development of Shinson Hapkido. This year that means that we are guests in Tübingen. It does not mean that we'll leave all the work to our local Dojang but that we'll share the work as well as the fun. This is what Shinson Hapkido is about also: Only in sharing our work we'll find true joy, happiness and health.

So let's convey "Ki", power and assurance to the Tübingen Shinson Hapkido family!

"Ironara bitchul balhara" – "Stand up and let your light shine" is the motto for 2010. My wish is for you to come to the summer camp to find "re-creation" for body and mind, to enjoy the experience of community, to expel the darkness and discover the light within you and let it shine into the world. Use this opportunity!

I wish you and your families peace and a happy life! I look forward to seeing you at the summer camp.

Cordially yours

Sonsanim Ko Myong

President International Shinson Hapkido Association





Welcome to Tübingen!

Welcome to Tübingen
Dear guests!

This is the second time that Shinson Hapkido is coming to Tübingen. In 2004 870 participants from 10 nations came to our town for their summer camp and for a big presentation of their sport. This event encountered much interest among our people, especially in Derendingen.

I am happy to welcome you again as guests in our university town of Tübingen.

Certainly one important aim of your days in the camp is training your bodies. But according to Ko Myong, the founder of the Shinson Hapkido school, peaceful living among humans and environment is the main objective.

The philosophy of this sport is to harmoniously



and successfully unite different cultures, ways of thinking and level of achievement.

The excellently functioning organization of such a big summer camp over a period of several days is admirable and can only be ensured by enormous efforts beforehand. I thank all volunteers of the Shinson Hapkido school for their effort that makes this year's summer camp possible.

On behalf of the University Town of Tübingen I extend a warm welcome to you. I wish you much fun and much success. And I wish you and your guests a lot of good unforgettable experiences.

Michael Lucke
Mayor-in-Chief of the University Town of Tübingen

Dear guests, dear friends, dear participants in our summer camp, dear friends and supporters of Shinson Hapkido!

On behalf of the Shinson Hapkido school Tübingen we are happy to welcome you to this year's summer camp.

As in 2004 we want to invite you cordially to picturesque Tübingen.

And we wish you a wonderful week with Shinson Hapkido, meeting people and get to know the Swabian university town and her surroundings.

A walk from the camp site by Steinlach river to the mediaeval old town with numerous street cafés and "Kneipen" (bars), a boat trip in a traditional "Stoherkahn" (punting gondola) on the Neckar river, a stroll through the beautiful orchards or a trip to the hills of the nearby "Schwäbische Alb" combined with a tour of famous Hohenzollern Castle – all this promises a wonderful week of summer vacation!

All special events during the camp like "Bunter Abend" (Evening of music and entertainment) with a well mixed entertainment program or the "Music Festival" put on by different Shinson Hapkido schools are also open to the public. All citizens of Tübingen are cordially invited.

The proceeds of our big International Shinson Hapkido show on Thursday, August 5, at 7 pm in the district gymnasium (Kreissporthalle des TV Derendingen) will be divided between the street children's project "Casa Verde" in Arequipa/Peru and the "Foundation for Children with Cancer" in Tübingen.

We want to thank all of you who contribute to the success of this show and are present with their whole hearts!

Jochen Liebig, Sabomnim
Head of the Shinson Hapkido School Tübingen in charge of the organization of the summer camp 2010



Program and schedule

Friday, July 30 Arrival

- 6 pm Parents of children younger than 5 years meet at the kindergarten
- 7 pm First Aid Coordination Team meets at the medical aid tent
(Meeting of physicians, nurses, therapists etc.: see Saturday!)
- 9 pm Blackbelts/Kyosanim meet at the Dan Tent

Saturday, July 31

- 9 am Official opening ceremony of the 26th Summer Camp
- 11.30 am The recycling representatives meet next to the waste containers
- 6 pm Meeting of physicians, nurses, therapists (medical aid tent)
- 8 pm Welcome evening, official introduction of all participants

Sunday, August 1

- 9 pm Meeting of the Korea travelling group
Film showing "Shinson Hapkido Trip to Korea 2008"
- 9 pm Get-together in the community tent

Monday, August 2

- 8 pm Evening of music and entertainment with award ceremony in the community tent

Tuesday, August 3

6.30 pm International Tournament of Shinsonball (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 in the community tent.

Wednesday, August 4

- 3 pm Guided tour to Historical Tübingen, afterwards punting gondola ride on the Neckar river
- 8 pm International music festival in the community tent

Thursday, August 5

- 2 pm Dress rehearsal for all participants of the performance
- 7 pm Big Shinson Hapkido performance »Between Heaven And Earth« at the district gym, for the benefit of a Tübingen social project and the Shinson Hapkido Casa Verde social project for street urchins in Arequipa, Peru

Friday, August 6

- 9 am The group picture is taken afterwards last community training afterwards 26th Summer Camp Kup Examination
(Kyosanim are to please prepare the admission documents completely)
- 2 pm Official farewell of the 26th International Shinson Hapkido Summer Camp in Tübingen including handout of the pennants and certificates and announcement of the 27th International Shinson Hapkido Summer Camp

Saturday/Sunday, August 7/8

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

Remark: During the daily training hours, parents who wish to take part in the training, can bring their children (up to the age of 5) to our Kindergarten.

This schedule will be subject to alterations where necessary.



Further information

Evening of music and entertainment and international music festival:

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

Tables and benches:

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

Mealtime offers:

Breakfast buffet, snacks, snacks for in between, Swabian squares filled with meat and spinach ("Maultaschen"), coffee and cake as well as a limited number/choice of warm dishes per day.

Shopping:

In the mornings a local bakery will be selling freshly baked bread and rolls. Mineral water is sold by the box.

First Aid equipment:

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

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. Parents' meeting: Friday, July 30th at 6 pm at the Kindergarten.

Medical Care:

First Aid on Saturday will be undertaken by the organiser. Meeting of physicians and other medically trained personnel: Saturday, July 31, 6 pm, at the medical aid tent.

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 can be helpful in case of queries. First meeting: Saturday, July 31 at 11:30 am next to the waste containers. We ask all Summer Camp participants to not use disposable dishes or cutlery.

Guestrooms

Unfortunately we cannot arrange guestrooms to rent. Please directly contact the Tübingen tourist office. Postal address: Verkehrsverein Tübingen, An der Neckarbrücke 1, 72072 Tübingen, Phone: +49 (0)7071 / 91360, Fax: +49 (0)7071 / 35070, Internet: www.tuebingen-info.de, E-mail: mail@tuebingen-info.de





Please bring along...

- 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)
 - 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.

Training groups:

- Kindergarten for the 3 to 5 year olds
- children from the age of 6
- come to know (for those who have no preknowledge)
- gymnastics (Ki Doin, slow basic techniques, meditation, fun)
- group for the elderly
- beginners
- intermediates
- advanced
- blackbelts

Training hours:

- 9:30 – 10 am community training
- 10 – 11 am training in groups
- 12 am – 1 pm course for the blackbelts
- 2 – 3 pm health and life advice, medical first aid
- 4 – 5:30 pm training in groups
- 5:30 – 6 pm community training

Training contents:

- common meditation
- Ki Do In Bop (health gymnastics)
- breathing techniques
- Shinson Hapkido
- acupressure
- living and laughing together

Participation:

Participation in the official summercamp 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 summercamp's spirit and community.





Summer Camp 2010

Date: July 30 to August 6, 2010

Venue: TVD sports grounds next to the district gymnasium, Tübingen Derendingen

Supported by: International Shinson Hapkido Association

Organized by: Shinson Hapkido Association e. V., Darmstadt, Germany South

Event Management: Shinson Association Tübingen

Director of Events: Sonsanim Ko Myong

Organizational management: Sabomnim Jochen Liebig

Accommodation: Your own tents

Pets: Pets are discouraged

Liability: Participation in the summer camp and training sessions as well as the journey to the camp and home are at your own risk.

Performance Venue: District Gymnasium Tübingen

Contact: Shinson Hapkido School Tübingen, Sieben-Höfe-Str. 91; D-72070 Tübingen; Germany, phone: +49 7071 763 979, E-mail: info@sommerlager2010.de

Who can participate: There are no restrictions as to who may take part in the 26th International Shinson Hapkido Summer Camp. Please pass this announcement on to interested organisations, associations (of music, dancing, martial arts and etc.).

Participation fee: € 90 for adult bearers of a Shinson Hapkido membership card, € 120 for adult non-members, € 50 for children and adolescents between 6 and 17 years of age with a Shinson Hapkido membership card, € 70 for children and adolescents between 6 and 17 years of age without a Shinson Hapkido membership card. Participation is free of charge for persons with disabilities as well as for children younger than 6 years. Family discount: Adults and the oldest child are charged the regular fees, all further (own) children are free of charge. (This fee includes participation in trainings, lessons, the weeks cultural program – except the performance – camp site accommodation and infrastructure, pennant and participation certificate).

Registration: Registration is for the entire week. Those who wish to participate in select days are kindly asked to remark this on their registration. Please understand that in any case the full registration fee has to be paid.

Registration deadline is July 9, 2010





Directions to the Summer Camp 2010 TVD compound / Kreissporthalle Tübingen

By Car:

Coming from the north: Highway A 81 via Heilbronn direction Stuttgart, alternatively highway A 8 coming from Karlsruhe direction Stuttgart changing to the A 81 (direction Singen) at the Stuttgart highway intersection; in both cases stay on the A 81 until it becomes the A 8 direction Munich, then leave the highway on exit 52 (Stuttgart-Degerloch) and head for Tübingen on the main road B 27.

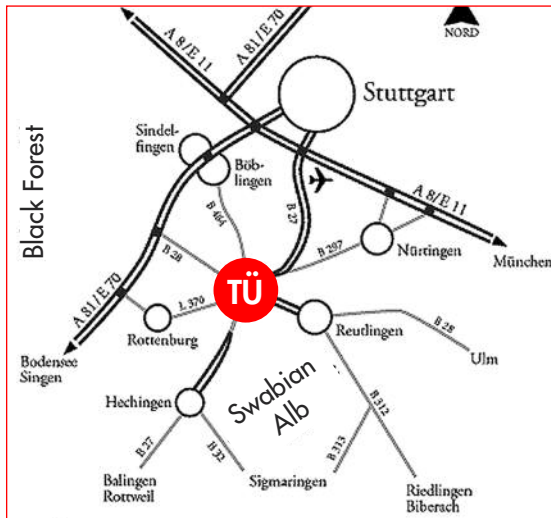
*Once in Tübingen, continue on the B 27 direction Rottweil / Hechingen (until you see a terracotta store as well as the cultural center "Sudhaus"), turn right at the following traffic lights onto the Waldhörnle Road, after a few metres to your left you will see the district gymnasium.

Coming from the south: Highway A 8 coming from Singen going to Stuttgart, exit 29 (Rottenburg), direction Hirschau, Tübingen, continue as above*.

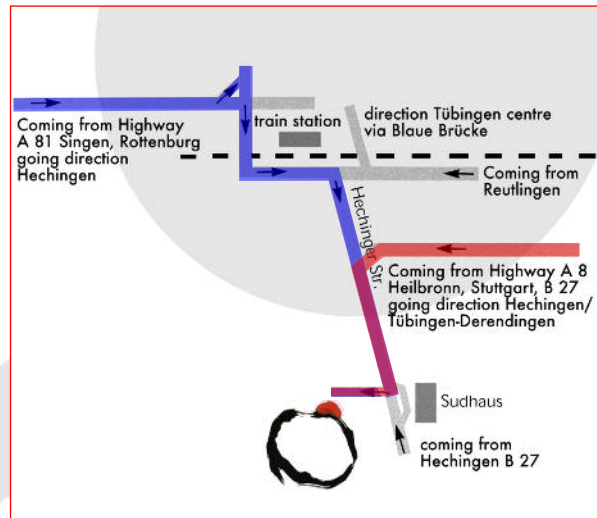
By Train: Stuttgart Main Station, take the train to Tübingen, leave Tübingen Main Station for the Bus Station (Busbahnhof), at bus stop B (Haltestelle B) take the bus no. 5 direction Gartenstadt until bus stop Fuchsstraße, alternatively take bus no. 3 departing from bus stop H also direction Gartenstadt until bus stop Fuchsstraße. There you will see the district gymnasium.

By Air: Stuttgart International Airport, thereafter take the Airport Shuttle bus line directly to Tübingen, alternatively take the urban railway to Stuttgart Main Station and then continue by train.

Approaching Tübingen



Once in Tübingen, how to find the summer camp site:





Registration

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

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 (written clearly)

Registration deadline: July 9, 2010

Those responsible for a Dojang will please send the complete registration lists as an Excel data file to the Shinson Hapkido School in Tübingen and transfer the participation fees to the following account:

Sommercamp 2010, Volksbank Tübingen,

IBAN: DE61 6419 0110 0058 2430 20, BIC: GENODES1TUE

Participation fee: € 90 for adult bearers of a Shinson Hapkido membership card, € 120 for adult non-members, € 50 for children and adolescents between 6 and 17 years of age with a Shinson Hapkido membership card, € 70 for children and adolescents between 6 and 17 years of age without a Shinson Hapkido membership card. Participation is free of charge for persons with disabilities as well as for children younger than 6 years. Family discount: Adults and the oldest child are charged the regular fees, all further (own) children are free of charge. Participation fee is to be paid on registration at the Dojang. (Shinson Hapkido Blackbelts and Kyosanim please specify your Dan degree and Ki generation).

This fee includes: participation in trainings, lessons, the weeks cultural program – except the performance – camp site accomodation and infrastructure, pennant and participation certificate
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.

Bank details: The participation fee is to be transferred to the following bank account:
Sommercamp 2010, Volksbank Tübingen, IBAN: DE61 6419 0110 0058 2430 20, BIC: GENODES1TUE

Important: Please show the transfer receipt on registration.

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

Please send your registration form : Shinson e.V., Sieben-Höfe-Straße 91, D-72072 Tübingen, Tel.: +49 (0)7071-763 979, Mail: anmeldung@sommerlager2010.de

For further information: www.sommerlager2010.de

Important: 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.



