



## ***18. Int. Summercamp***

**SOLA 2002**



# ***Shinson Hapkido***

***19.-26. Juli 2002, Cham, Switzerland***

***Direction Ko. Myong***



## *Greetings from Sonsanim Ko. Myong*

Dear guests,

Dear members,

The Shinson Hapkido summercamp is happening for the 18th time this year. In Europe 18 years is the moment to become an adult and I hope that this time has brought a wise growth. It is a special joy that our summercamp is taking place this time in the beautiful and free nature of Switzerland. Shinson Hapkido has developed since its beginning 19 years ago and next year we will celebrate our 20 years of existence. This is why it is particularly important this year to look inside of us and to think things over. We would like to stop the tendency of this world to part. We mean the parting of the people from each other and from their heart, from nature etc. If we try to fight this tendency with our thoughts and our behaviour, then we will feel the deep bonds to our heart, to nature and to God. Every year is important of course, but we would like to bring some calm and inside peace this year so that we can start next year with a healthy, clear, happy and new energy.



Shinson Hapkido is not meant to be some kind of secret, asian very special martial art, but it should be for the "every-day life" easy and normal. It should help us to enjoy life and to start everything over as if we were new-born. Just as a plant starts growing in the spring after the hard winter time, the "mouvement for life" should lead us to health and sharing happiness (you and I are one). If we recognize this as a feeling, just as a lighting up, then we can practice the things we have taught during all these years. The summercamp is a good opportunity, and it developed like that, to practice and to live the theory. To help the organizers of this camp, it is important for us not to think that we have our own personal staff member at our service, but that we are also one of the staff members. Like that we will go on together well and we can sometimes be a guest and sometimes a boss. To do things like that fits perfectly well with the Shinson Hapkido teaching: trust and respect each other, being patient, modest and sharing our love. So can old and young, rich and poor, different sports, different religions, different nationalities live together in harmony. We are trying with this organisation to break the walls that are separating us, we want to destroy these walls and be open to everybody. This is why the summercamp is not only meant for Shinson Hapkido members but for everybody. Everyone can simply take part without worrying or being afraid.

With the title: "Holidays for the family, fitness, health and international meeting" we are together and trying to develop our humanity, to be there for the others and to share. Our benefit will go to the Chon Jie In house (a house for life), "Casa Verde" (a house for street children in Peru), two social plans here in Switzerland and for the development of Shinson Hapkido in Switzerland. The slogan of the summercamp: "We are going a way together." Means that we do not live alone, but that we commit with all our heart for peace. If you want to support this, I encourage you to do it from the heart.

I would like to thank a lot the swiss Shinson Hapkido family for their work and the trouble they had to organize this summercamp, specially kyosanim Thomas Werder that showed such a personal commitment. I would also like to send a lot of strength to all the blackbelts and the students. I am thankful to the UNO special consultant Adolf Ogi, to the mayor of Cham Mr Heinz Wyss and to all the town's citizens for their support. Thanks to the kind support and patient understanding could and still will this event get really nice.

We should also express our thanks by showing care and attention to the people and the nature and trying to leave this place cleaner than we found it.

I wish you some nice and happy days, time to rest body and soul and the possibility to fill up with new energy.

I wish you and your family a warm welcome and God's love for your life.

See you again in summercamp.

Your Ko. Myong,

President, International Shinson Hapkido Association e. V.



## *Greetings from Adolf Ogi*



Think global, work local

Dear guests, dear Sportswomen and –men,

Meeting-dialogues-mouvement-peace are the foundations and the leitmotiv of my work as UNO special consultant for sport , developement and peace.

The mouvement in sports encourages and developes the fact of beeing together thanks to practice , dialogue and team work.

We can find the base of this way of thinking in a lot of teaching methodes.

You are going to live here this global way of seeing peace through meeting, dialogue and mouvement.  
I wish every participant of the Shin son Hapkido summercamp in Cham an activ, talkativ and peaceful meeting.

**Adolf Ogi , ex- minister**

**Special consultant of the general secretary for sport and its connexion for the developement and to incite peace.**

## *Greetings from Heinz Wyss, Mayor*



Welcome to the Shinson Hapkido summercamp 2002

Dear friends from Shinson Hapkido,  
Dear guests from here and abroad,

The citizens of Cham are happy to welcome you again to your summercamp. We welcomed you already in 1996. The bond of our mixed population to sport and cultural events are a tradition for our town.

Happy community experiences help us go through the everyday life and meetings get us nearer over all borders. We are flattered that you have chosen Cham for your meeting. A friendly and open minded population is waiting for the sportmen and -women, their guests and their families. Our "small city by the lake" offers you also a lot of possibilities to rest and for your spare time. I am sure that you will appreciate next to the sport , the friendship and the sociability this nice place.

What is also nice and remarquable is that you are ready, just as in the previous years, to do this summercamp to support some charitable works. I wish to each one of you that all your hopes and wishes will come true and I wish everybody a happy meeting and a fully filled week in wonderful Cham.

Heinz Wyss, mayor of Cham



## ***Greetings from the Swiss organising team***



Dear guests from near and far, dear friends,  
The swiss Shinson Hapkido family is looking forward to your taking part of the summer-camp 2002 in Cham/Zug.

Cham by the lake is an old village. It was mentionned for the first time over 1100 years ago – that is before all the other town of canton Zug. Cham belongs to the canton Zug, which is for one part in the middle land and for the other part the pre-Alps.

With the sport place Röhrliberg and the fields around we offer you a good possibility to be together under the direction of Sonsanym Ko. Myong to train and to live for a whole week the Shinson Hapkido learning methode. Thanks to the fact that Cham is next to the beautiful lake of Zug you can also go and cool down in the different swimming possibilities or wander around in the wonderful Villette-Parc.

We have planed food and drinks and just as in 1996 we can offer you a complet, various and healthy menu. A warm welcome in Shinson-Town(restaurant), in the "Alpstübli" or in our Beach Bar. You do not have to order in advance, just enjoy our different offers!

Talking about decoration, we are getting a place ready for a stone garden. We would enjoy it if everybody took a stone with them from back home, then you may make a wish and place it in this garden. This nature work of art is the symbol for our slogan "we are going a way together" and should be a quiet and peaceful place.

The whole Shinson Hapkido family is looking forward to see you again and wishes every guest a happy and thrilling summercamp 2002.

Your swiss Shinson Hapkido family

Kyosanim Thomas Werder,





## *Week programm*

### **Every day training programme**

9.30-10.00 AM	Joint training
10.00-11.30 AM	Group training
12.00-01.00 PM	Black belt training
02.00-03.00 PM	Health and life advice, first aid
04.00-05.30 PM	Group training
05.30-06.00 PM	Joint training



### **Week programme**

- Friday, July 19th: Arrival  
 6.00 PM : Parents with children under 5 meeting (Dan tent)  
 7.00 PM : Nurses, doctors and therapists meeting (First-Aid tent)  
 9.00 PM : Black belt and Kyosanim meeting ( Dan tent)
- Saturday July 20th  
 9.00 AM : Official opening of the 18th summercamp by the city officials of Cham  
 8.00 PM : Common evening with the official presentation of the participants.  
 10.00 PM : Ten years jubilee party of Shinson Hapkido Switzerland with dance and music
- Sunday July 21th  
 Free evening  
 8.00 PM : Meeting for the 2002 Korea trip (main tent)
- Monday July 22nd  
 8.00 PM : "Bunt Abend" : sketches , theater , special country shows , jokes... then dance and music
- Tuesday July 23rd  
 Evening: International Shinson –Ball tournament ( relaxed ball game for the whole family, a mix between football, handball and volleyball. Teams of 3 children , 3 women and 3 men) After that results and prizes in the main tent.
- Wednesday July 24th  
 3.00 PM: Walk in commun in the nature .  
 8.00 PM : International music festival with performances from all over the world.
- Thursday July 25th  
 Day off  
 In the afternoon general rehearsal for the Heaven and Earth show  
 7.00 PM : Heaven and Earth Show at the Waldmann Hall in Baar for the benefit of social projects , "Casa Verde" in Peru ( street children ) , special schools "Heilpädagogischen Zentrum " in Cham and "Plankis" in Chur .
- Friday July 26th  
 9.00 AM : Group picture  
 Final commun training , then 18th summercamp kup exams.  
 2.00 PM : Official ending of the 18th summercamp with giving out of the flags and certificates , parting of the 18th summercamp and announcement of the 19th summercamp 2003 in Hamburg.
- Saturday/ Sunday July 27th/28th  
 Possibility to use the camping place for 2 more days on one's own responsibility.

**The Staff may change the weekly programm if needed.**



## *Please take with you*

Dobok and trainer  
Shinson Hapkido pass  
Tent , sleeping bag , inflatable mattress or similar  
Writing things  
Plates,forks ,knives etc  
Bathing clothes  
Warm clothing / Rain clothes  
From the 4th cup: Bong ( stick)  
Parents : toys and ideas for the kindergarden  
A stone for the stone garden ( optional)  
First-Aid team : First-aid material ( optional)



## *Training groupes*

Kindergarden  
Children  
Discovering ( people without knowledge)  
Gymnastique (Ki-Do-In-Bop,slow basic technique , meditation , fun...)  
Beginners  
Middel stage  
Advanced  
Black belts

## *Training contents*

Meditation in commun  
Ki-Do-In-Bop ( health gymnastique)  
Breathing techniques  
Shinson Hapkido  
Acupressure  
Living and laughing together



Taking part to the official summercamp programme is free.  
The training and the other offers are just suggestions among which you may choose what you like. But we would liketo ask you to accept and respect the spirit and the community of the summercamp.



## General Information

Organisation: Shinson Hapkido Switzerland (Direction Ko. Myong)

Support: International Shinson Hapkido Association e.V.

Dates: July 19th –26th 2002

Adress: Shinson Hapkido, Dojang Cham  
Zugerstrasse 44  
CH 6330 Cham  
Tel. +41 (0)41 / 780 26 26  
Fax +41 (0)41 / 780 56 45  
E-mail sola2002@shinsonhapkido.ch  
Home www.shisnohapkido.ch



Location: Schulanlage Röhlberg, 6330 Cham  
Show: Waldmannhalle, 6340 Baar

Costs: 50 Euros or sFr. 75.—for every participant.  
Handicapped /children under 10 free. Includes training,official programm  
(without the show), camping place, flags and certificat.

Participation: Everybody can take part of the 18th international Shinson Hapkido  
Summercamp. Please give this advertisement to other organisations that could  
be interested (musik, dance, martial arts etc...).

Registration: The registration is for the whole week.The people that can only take part for a few days be-  
cause of important reasons will please mark it on their registration. Please understand that  
the costs are to be payed for the whole week.

The registration is to be made by one's Shinson Hapkido dojang. Please pay directly when  
you registrate at your dojang. Notice for blackbelts and kyosanim:please note the Dan  
grade and the Ki.

The dojang responsables will please send their complete registration until July 5th at last  
(if possible Exel Datei) to the ISPA in Darmstadt. People that are interested but do not  
belong to a school will please directly registrate at the ISPA in Darmstadt. Please pay the  
costs at the Zuger Kantonalbank (Schweiz) BLZ 787, Konto-Nr. 02-721.107-10 (Sola 2002)  
or can be paid directly at the Camp.

Online registration via Internet under: [www.shinsonhapkido.ch](http://www.shinsonhapkido.ch)

Cancelling is possible until July 9th by letter at the ISHA. Until then you can be paid back,  
but after that it is unfortunatly not possible. Thank you for your understanding.

Registration end : July 5th 2002 ( Later registrations can only be exception ,please help the organising staff,  
thank you.

Sleeping: In one's own tent or in a room around the summercamp

Animals: If possible no pets.

Tables/benches: Once again it is possible this year to rent them directly there .(deposit)

Responsibility : **Taking part and travelling is under your own responsibility!**

## Travelling

### By train

The camping place is easy to reach .It is only about 5 minutes to walk from the Cham station.

### By plane

The international Zürich-Kloten airport (airport-code ZRH) is about 50 km away from Cham. Then you can reach easily the station of Cham by train (trains leaving each hour).

### By bus, car or bike

The city of Cham is at the edge of central Switzerland and you can get there like this:

Information: Green signs for freeways and blue signs for main roads.

Speed limits: 120/80 Km/h. In the cities 50 Km/h.

#### From Zürich / St. Gallen :

About 20 km via Affoltern or through the Sihltal direction Zug, exit Cham/Sins.

#### From Basel:

About 100 km via Luzern/Zug , exit Cham / Sins

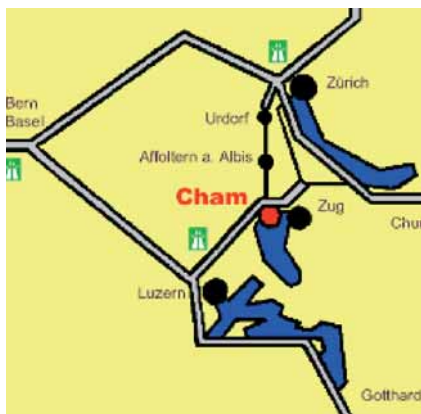
#### From Luzern:

About 20 km via freeway A4 , exit Cham / Sins

Road descriptions via Internet:

<http://www.shinsonhapkido.ch>

Sola 2002







## *Registrations*

Name/school: \_\_\_\_\_

Teacher: \_\_\_\_\_

Address: \_\_\_\_\_

Phone, fax, E-mail: \_\_\_\_\_

Please registrate everybody ,even the people that do not have to pay.

Please mark with a dot the people coming free.

The participants that do not belong to a dojang are asked to give their adress.  
Please write clearly!

Name/Adress	Nation	Age	Kup/Dan	Signature

Registration: Please registrate to your Kyosanim or his representativ.

End of registration: July 5th 2002, cancelling possible until July 9th last limit.

Costs: 50 Euros or 75 sFr, per person ( handicaped and children under 10 free)

Registration is made for the whole week. The people that can only come for a few days because of important reasons will please mark it on the registration. Please understand that the costs are to be payed for the whole week. The people interested that do not belong to a school will please registrate directly at the ISHA in Darmstadt.

Please pay the costs on the Zuger Kantonalbank account:  
BLZ 787 , Konto-Nr. 02-721.107-10 ( Sola 2002) or can be directly paid at the summercamp.

Vans/Campingcars: We are coming with about \_\_\_\_ Cars, \_\_\_\_vans, \_\_\_\_Busses, \_\_\_\_Campingcars.

Please send to: Int. Shinson Hapkido Association / Verwaltung, Liebigstrasse 27, D 64293 Darmstadt  
Tel. +49 (0)6151 29 47 03 • Fax +49 (0)6151 29 47 33  
E-mail: [info@shinsonhapkido.org](mailto:info@shinsonhapkido.org)  
Online: [www.shinsonhapkido.org](http://www.shinsonhapkido.org)

IMPORTANT: **Participating and travelling is under your own responsibility!**

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