

31st International

SHINSON HAPKIDO SUMMER CAMP 2015

with Sonsanim Ko. Myong

Vacation for the entire family
Health, fitness
International meetings
and cultural exchange
We go this way together.



Hamburg 31.07. – 07.08.2015

www.sola2015.de



Dear Shinson Hapkido Family
dear participants
dear Hamburger
dear friends of Shinson Hapkido and dear guests!

In the over 31-years of Shinson Hapkido summer camps we have been the guests of the Hamburg Allermöhe Regatta Center three times. We will live according to our five methods of instruction while following our motto, “we go this way together, vacation for the entire family, health and fitness for young and old and international meetings and cultural exchange“.

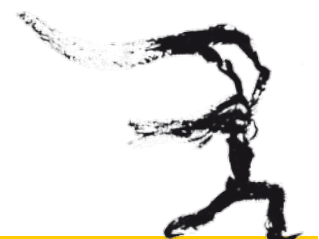
We thank our hosts, the Regatta Center, those responsible in politics and the administration, but especially the residents here in Allermöhe for their hospitality. It means a lot to us to be welcome here and to use this beautiful natural area for our 31st Shinson Hapkido summer camp.

In the Asian animal zodiac sign sequence the year of the sheep is ,according to the moon calendar, in the element of wood. Basically this symbolizes quiet continual but slow growth, as well as the opportunity for peace and internal harmony. This goes along with our International Shinson Hapkido motto of the year “Hong’ig Ingan” for the benefit of humankind and nature. This is an old lesson of Korean philosophy and one of the roots of Shinson Hapkido: for the benefit of humankind and nature!

The goal of Shinson Hapkido and especially our summer camp is to eliminate the separation of humankind and nature, between humans themselves and to form a lively community. This also means to live together in peace. Everyone talks about peace now, but there is so much violence and even war, in many parts of the world. Peace starts within ourselves and in our direct vicinity. The practice of Shinson Hapkido should help us learn how to combine health, the enjoyment of life and living together peacefully.

Everyday we have opportunities to do this within our families, with our neighbors and friends and with people who were driven away from their homes and seek help here. As we always do, we will leave this location cleaner than we found it upon arrival. This how we show our respect for nature and our thankfulness for the gifts of mother nature.

On Thursday the 6th of August at 7 pm, we will present a benefit martial arts performance in the Sporthalle Hamburg for the entire family. Over 100 black belts from all over Europe will share impressive action, dance, music and fun. The subtitle “A dream of one thousand years” expresses the deep yearning of all humankind for peace that continues despite all odds. The money raised will be donated to the project “Casa Verde“ for street kids in Peru, for social work in the Shinson Hapkido schools and a “verikom” project for refugees.



The organization of such a large event costs a lot of effort done by volunteers and without personal profit. I thank the organizations and all their helpers in the many schools involved in northern Germany. Let us lend them our support and be patient so they can prepare, as they have done in the past, an enjoyable summer camp for all of us. I have fond memories of the time I spent in Hamburg before the International Shinson Hapkido was founded in 1983. Our first programs and concepts were developed in Hamburg. That's why I enjoy coming back.

I want to take this opportunity to emphatically thank the the city-state of Hamburg. This summer camp will take place under the auspices of Mr. Christoph Holstein from the Department of the Interior and Sports.

Participants will be able to enjoy this summer camp and

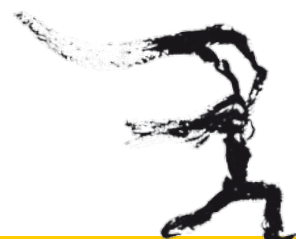
- improve our health
- meet many new people
- and relax during a week long vacation.

I invite you to enjoy all this and I'm looking forward to seeing you!



Sonsanim Ko Myong

President of the International Shinson Hapkido Association



31. International Shinson Hapkido Summercamp 2015 in Hamburg

www.sol2015.de · info@sola2015.de · c/o Oh Haeng e.V. · Seewartenstr. 10/Hs 6 · D-20459 Hamburg · +49 (0)40 43183318

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Dear participants of the International Shinson Hapkido Summer Camp 2015, dear friends of Shinson Hapkido,

in the name of the government of the Free and Hanseatic city of Hamburg I warmly welcome you to the 31st annual Shinson Hapkido Summer Camp from July 31st to August 7th on the shores of Lake Eichbaum in the marshlands of our state.

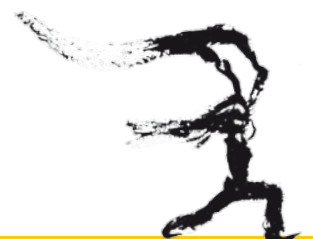
As the state official responsible for promoting sports, I am glad that this Korean martial art, which combines defense and meditation techniques with health lessons, will be presented over several days and therefore will become better known. I'm very happy that this event takes place under my auspices. Hapkido teaches one to control the body and spirit, as well as a way to achieve calmness, mental balance and serenity.

I'm pleased to estimate that due to the attractiveness of this summer camp, presumably over 1000 athletes from Europe and Asia will visit Hamburg. This is the third time that a Shinson Hapkido Summer Camp takes place in this location. Our green public recreation areas offer optimum conditions for Asian martial arts and meditation in a natural environment. We are also an excellent host with historical connections to Asian cultures.

I sincerely want to thank the Hapkido schools in northern Germany who have organized this event. May you all have a great time in the Lake Eichbaum area and be successful in using the hands-on knowledge you have gained here in your everyday life.

Christoph Holstein

State Sports Administrator
Free and Hanseatic City of Hamburg



Dear friends of Shinson Hapkido, dear guests!

We would like to invite you to the 31st Shinson Hapkido summer camp in Hamburg.

Northern Germany is hosting a Shinson Hapkido summer camp for the 6th time. We, the planning group and students from different Shinson Hapkido schools, are full of expectations and want to take over the Regatta Center on the Dove-Elbe together with you visitors. This location is only a few minutes drive away from downtown Hamburg and offers us a beautiful quiet natural environment for relaxation as well as lots of space for training and for celebrations.

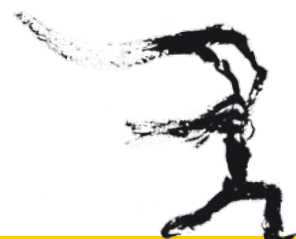
The Hamburg area is worth a trip, especially in summer. In addition to cultural activities, there are many possibilities for excursions via boat (harbor and canals), city tours, and seeing the surrounding environment. We offer you the opportunity to experience training sessions and many other activities at our camp location during your vacation.

Various kinds of food will be offered on location at affordable prices in the usual high quality so that you can eat three square meals a day. Once again the River Bank Cafe will tend to your needs. Local shops are nearby for those who like to cook for themselves.

Our special thanks goes to our many supporters who have helped us with this summer camp. We thank the politicians and government administrators, who show their trust in us by inviting us once again. Many foundations helped us offer this week of meetings and movement at an affordable price. We especially want to thank all those whose engagement and enthusiasm make this camp reality: the members of several Shinson Hapkido schools in northern Germany who plan and prepare for months. Finally we want to thank you participants who come to enjoy year after year, without whom all this work would be meaningless.

Hamburg is called the gateway to the world, but the gate is open in both directions. Come to Hamburg this summer, we will welcome you warmly.

Sabomnim Uwe Bujack
Sabomnim Christof Albinus



What's up

Daily schedule

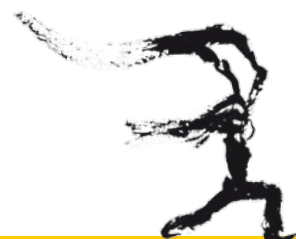
9.30 – 10.00	community training
10.00 – 11.30	group training
12.00 – 13.00	black belt class
14.00 – 15.00	first aid
16.00 – 17.30	group training
17.30 – 18.00	community training

Planned program for the week

Fri. Juli 31 st	arrival
	18.00 Parents of kids under 5 meet (Kindergarten tent)
	21.00 Black belts meet (Dan tent)
Sat. August 1 st	9.00 Official Opening Ceremony 31 st summer camp
	11.30 Meeting of Dojang trash representatives (Recycling Center)
	18.00 Doctors, nurses, healers meet (first aid tent)
	20.00 Community entertainment
Sun. August 2 nd	evening slide show of the 2014 Korea trip, free time
Mon. August 3 rd	20.00 International Showtime with prizes!
Tues. August 4 th	18.30 Shinson ball competition (mix of foot-hand-volleyball) each team has 3 kids, 3 women, 3 men, Award ceremony
Weds. August 5 th	15.00 City tours, Alternative Harbor tour
	20.00 International music festival
Thurs. August 6 th	afternoon free time, dress rehearsal of the Martial Arts Show
	19.00 Shinson Hapkido Show in the Hamburger Sporthalle which benefits "Casa Verde" street kids project in Peru, social work in Shinson Hapkido schools, a "verikom" project for refugees
Fri. August 7 th	9.00 Group photo, community training 9.+ 8. belt exams, (Kyosanim please prepare registration)
	14.00 Farewell and Goodbye ceremony with certificates etc. Announcement of the 2016 summer camp in Tübingen.

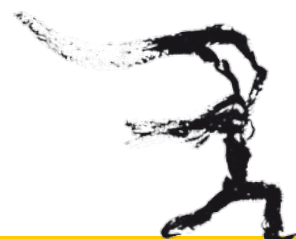
On Sat. August 8th – you can extend your stay (at your own risk) without an official program

It may be necessary to change the schedule during the week.



General Information

Location	Regatta Center on Lake Eichbaum in Hamburg- Allermöhe
Organizers	Oh Haeng e.V. Hamburg, with permission of the Internatioanl Shinson Hapkido Association
Executive	Ko Myong
Camp Managers	Uwe Bujack and Christof Albinus
Dojangs	Bremen 1 (Bonjil e.V.), Waller Heerstr. 110, www.shinsonhapkido-bremen.de Hamburg 1 (Suyang e.V.) Friedensallee 44, www.suyang.de Hamburg 2, Schule an der Gartenstadt, Stephanstraße 103, www.hapkido-wandsbek.de Hamburg 5 (Oh Haeng e.V.), Seewartenstr. 10/6, www.bewegungamhafen.de Lüneburg 1, Universität-Hochschulsport, www.leuphana.de Semmerin 1, Dorfstr. 10, www.gasthaus-semmerin.de
Housing	In your own tents or nearby bed-and-breakfasts
Liability	Participation in the summer camp and training is at your own risk. We can not be held liable for personal goods you bring.
Contacts	Sommercamp 2015, c/o CJI-Haus Hamburg, Gesundheitszentrum St. Pauli, Seewartenstraße 10, Haus 6, D-20459 Hamburg, Tel. +49 (0)40-43 18 33 18, Fax +49 (0)40-43 18 33 19 info@sola2015.de , www.sola2015.de
Who can come?	Everyone may participate. Please pass on this information to other interested groups (music, dance, martial arts etc.) and individuals.
Fees:	see registration information
Registration forms	Those who participate in Shinson training register via their Dojang. Please pay the fee at registration, if you have a black belt: list level and Ki. Dojang leaders should mail this excel chart by Juli 12 th at the latest and then pay fees upon arrival. For guests not connected to an official Shinson Hapkido Dojang: Please register via Mail and pay fee upon your arrival at the summercamp.
Deadline	Juli 12 th 2015 (refunds only if notification in writing is recieved before July 12 th)



Training information

Please bring

- Dobok or clothing for training
- Shinson Hapkido ID card
- Tent, sleeping bag, air mattress
- Writing utensils
- Eating utensils
- Swimwear
- Warm clothing, raingear, sports shoes
- Bongs if you are 4th Cup
- Toys for your children and ideas for the kindergarten
- Medical team: if possible first aid materials
- Flashlight / torch

Training levels

- Kindergarten group for 3 to 5 year olds (Meeting Fri. at 6 pm in the Kindergarten tent)
Child care during traing sessions will be organized with a fixed group of caregivers. Please lend us toys.
- Kids
- Absolute beginners
- Ki-Doin (slow basic technics, meditation, games, massage)
- Beginners
- Intermediate
- Advanced
- Black belts

Content

- Meditation together
- Ki-Doin (exercise for good health)
- Accupressure
- Living and laughing together

Pets

Pets are not allowed

Myokpyo Mul

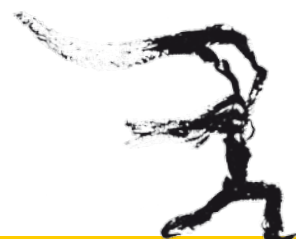
Each dojang should bring their own

First Aid

The first aid tent will be open 15 minutes before and 15 min. after training.

Each dojang should bring a first aid kit for minor treatments. Medical personnel should attend the Sat. Meeting at 6 pm in the first aid tent

Participation in training or activities is voluntary. You can pick and choose out of many offers.
Please accept and respect the spirit of community during our summer camp.



Even more informationen

Food

We will offer a full breakfast, as well as warm lunch and dinner in the community tent, starting on Friday with a warm meal for dinner. Fair trade coffee drinks and cake etc. will be available in the River Bank Cafe. A small kiosk and the BAR will sell of bottles mineral water by the crate. We will support our local farmers, who have to compete with international discounters these days, by offering local sustainable goods. This saves energy, transport costs and protects our environment. Therefore please do not bring your own food into the community tent, but buy food and drinks inside.

Benches and tables

You can rent a set with a table and two long benches for only 50 € a week plus a 50 € refundable deposit. Please reserve your set long before July 1st zelte@sola2015.de as supplies are limited.

Recycling

Of course we will try to avoid trash, but this is not always possible. In order to reduce our impact on the environment ,we will set up a recycling center. We need a trash representative from each Dojang to help us. Dojang trash reps meet Sat. August 1st 11.30 am in the recycling center.

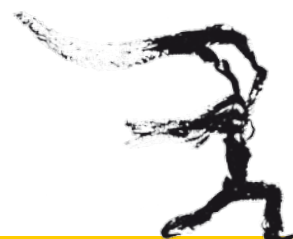
Talent show and the International Music Festival

Once again, we we ask you to participate in our talent show and / the International Music Festival.

Don't forget your props and intruments !

Kindergarten

During training there will be child care for 3 to 5 year olds. An adult must accompany any child under 3 years of age. Parents meet on Friday at 6 pm in the kindergarten tent.



Travel and train stations **

From Hamburg Central Station

Take S-Bahn 21 from track 4 a few stops, exit at Mittlere Landweg station. Continue on foot (25 minutes) or by bike (10 minutes) to the right until you reach the traffic circle. Continue up to Hans-Dunker-Street and cross over the highway (Autobahn) using the bridge, then turn right onto Moorfleeter Deich. On the left you will see signs and the summer camp entrance. Or you can take the bus no. 321 from the Mittlere Landweg station to the Eichbaumsee bus stop.

Arrival by car

Take the A1 until you can get on the A 25 in Hamburg-Geesthacht. Leave the A 25 at Allermöhe exit to Moorfleeter Deich. In about 100 meters you will see P 1 signs on the left.

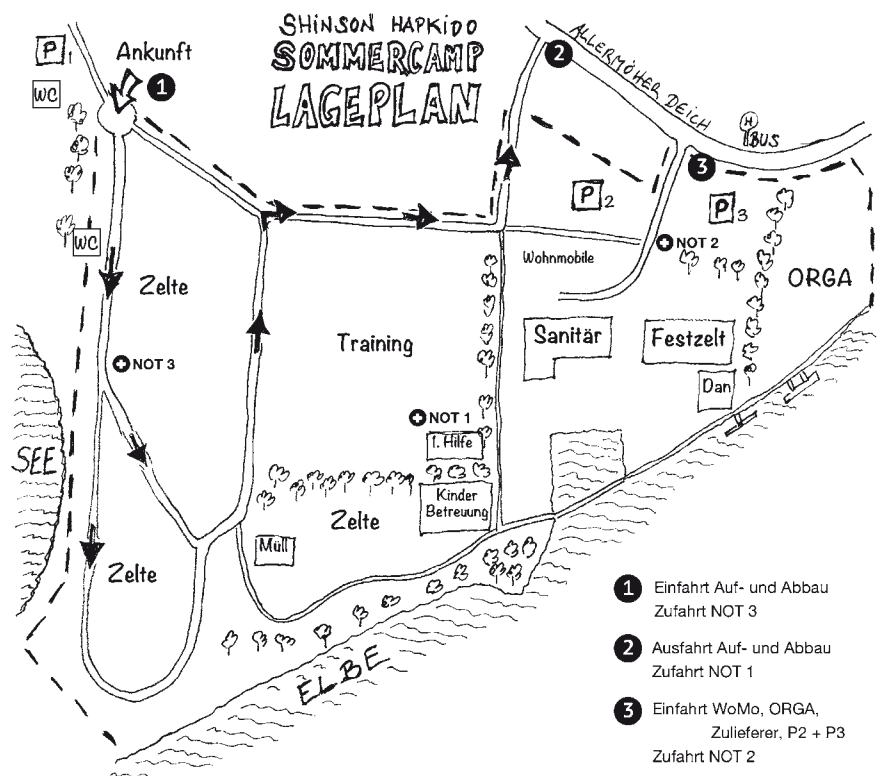
navigation system destination input: Moorfleeter Deich 524, 21037 Hamburg

If you come from the north you will be able to avoid the city traffic by using the A1 intersection in Maschen. But if there is a traffic jam north of town you can leave the A 7 in Stellingen and take the Kieler Strasse through Hamburg, then follow the signs to B 4 (Elbbrücken) to the A1 until you reach the intersection Hamburg-Süd.

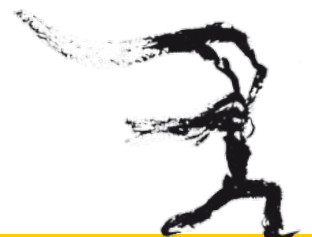
Arrival by boat

Travel upriver from Hamburg harbor, turn into the Dove Elbe arm past the Autobahn bridge until you reach the docks at the Regatta Center. (masts may be no taller than 4 meters)

Map of the camp:



*we recommend avoiding air travel for ecological reasons. Please choose to travel by bus, boat, train or at least a completely occupied car.



Registration

For Shinson Hapkido Students

Register and pay the fee in your Dojang or with your Kyosanim.

Individual registration, also for other kinds of martial artists

Please send your registration with contact data to the organizers before July 12th and pay the fee when you enter the camp.

Details

- Please list all participants, including those who pay no fee.
- Write the amount of fees to be paid in the list.
- Please print clearly.
- **Registration is for the whole week.** If you can only attend part of the week please note which days. You must pay the fees for the whole week even if you only attend a day or two
- The fees include training, instruction, certificates, using the infrastructure etc. but not the tickets to the Shinson Hapkido Show in the Sporthalle Hamburg.
- Fee refunds are only possible if a written cancellation is received before the 12th of July

Fees

95 € for Shinson Hapkido ID cards

120 € for non-members

55 € for children with a Shinson Hapkido ID ages 6 to 17

75 € euros for children 6 to 17 without a Shinson Hapkido ID

No fee for children under 6 and the disabled

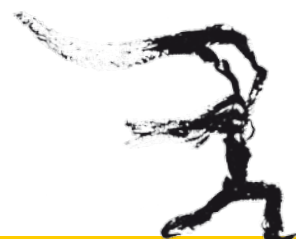
Family discount: adults and the first child pay the whole fee, all other small family members are free.

Vehicles: Buses and campmobies are allowed to park on the campgrounds but cannot leave the premises during the week. If you want to drive around, park them outside the campground on a special lot. There is no electricity for buses, nor are diesel generators allowed. Please register for a bus or campmobile spot via platz@sol2015.de

July 12th 2015 is the registration deadline. Please register as early as possible!

Please send registrations to: Sommercamp 2015, c/o CJI-Haus Hamburg, Gesundheitszentrum St. Pauli, Seewartenstraße 10, Haus 6, D-20459 Hamburg, Tel. +49 (0)40-43 18 33 18, Fax +49 (0)40-43 18 33 19, anmeldung@sol2015.de

Participation in the camp or in training, as well as travel, is at your own risk. We are not liable for any personal property you bring.



External Registration Form

Contact data

name

address

contact

personal phone, fax, e-mail

Please send tby the 12th of July to Sommercamp 2015 c/o CJI-Haus Hamburg, Gesundheitszentrum St. Pauli, Seewartenstraße 10, Haus 6, D-20459 Hamburg, Tel. +49 (0)40-43 18 33 18, Fax: +49 (0)40-43 18 33 19, info@sola2015.de

no	name	contact phone/e-mail	national- ity	age	belt	fee height/ pays?



Registration form – Shinson Hapkido dojang

contact dojang _____
name of dojang

no	name	national-ity	age	belt	fee height	pays



Permission Form

I declare that my child

_____ first name, last name

_____ born on

_____ address

_____ phone number (necessary)

is allowed to participate in the 31st International Shinson Hapkido sommer camp from July 31st until August 7th 2015 in Hamburg Germany.

This summer camp is a group activity that requires that all participants be respectful and considerate of others. I am familiar with the teaching methods of Shinson Hapkido and I know that participation is at one's own risk. I have informed my child, that it is absolutely necessary to follow the instructions of responsible adults and group leaders

I agree to pick up my child if it is necessary during the week. If this is not possible I will cover the travel costs home for my child and an accompanying adult. (Illness or behavior can be a reason for an early return home).

This agreement cannot be changed after it is signed.

Physical damage, infectious diseases, or a handicap of my child that would be in the way of my child's participation are not known to me.

My child has physical problems (describe in detail allergies, or asthma on a separate page)

The following medications _____ must be taken at _____

I will send proof of health insurance and vaccinations with my child.

My child has been vaccinated against tetanus : yes – in the year _____ / not yet

under his / her ownname _____

under my name / birth date _____

Foreigners: I have health insurance yes / no

_____ with _____ policy number

My child can swim: yes / no / can swim in deep water up to 15 minutes / is not allowed to swim/ dive due to health reasons (ear infection etc.)

I can be reached by phone during the summer camp with this number: _____

_____ name, address

Sign below – I am the legal custodian:

_____ place, date

_____ first name, last name

