

Registration deadline extended to the 30th June 2018



Swiss Moo Duk Kwan Federation

11th Euro Summer Camp in Switzerland

28th July – 4th August 2018



View of Piz Beverin out of one of the guest room windows

Once again the Summer Camp will take place in Obertschappina in the Swiss Alps, where we will train with Kwan Jang Nim, a lot of European Sa Boms and hopefully many guests from other countries.

We will stay at the "Berghaus Piz Beverin" situated on the slopes of the "Heinzerberg" overlooking the town of Thusis. From the hostel, we enjoy a lovely view across the Domleschg valley to the majestic peak of Piz Beverin itself (2998 m!).

The number of participants is limited to 60 people, which will be accommodated in 2, 4 or 6 berth bedrooms. In the leisure room, table-tennis and a foosball table are available free of charge.

The day usually starts with a "Sunrise - Chil Sun" class. This class starts with Moo Pahl Dan Khum and ends in a meditation session during which the sun is rising behind the mountains.

After breakfast we all work with Kwan Jang Nim on different techniques and themes until noon.

The time between lunch and late afternoon is reserved for excursions, hiking or just hanging around to chat with old friends or meet new ones.

During late afternoon, different languages will dominate the teachings; the European Sa Boms are in action as each of them teaches a class in his native tongue. If the weather does not permit outdoor training, we can train at the gym of a nearby school.



Moo Pahl Dan Khum in the early morning sun



Afternoon class

All meals (breakfast, lunch and dinner) will be prepared by our hosts and served at the guesthouse.

Junior Ko Dan Ja / Sa Bom Classes!!!

One of our traditions is to hold "Junior Ko Dan Ja" classes for eligible members. They will take place once a day and will last around one hour.

These classes are intended for the future Ko Dan Ja members and can only be attended by Dan members of age 16 and above.

At the same time there are Sa Bom classes for all the senior instructors.



Junior Ko Dan Ja / Sa Bom Classes

We are happy to offer you the following package:

- 5 days of training sessions with senior instructors
- 5 evening classes with different European Sa Boms
- 7 days of full board including breakfast, lunch and dinner. Feather duvets and bed linen are provided by the hostel
- Pick-up and drop-off at Zurich airport
- Transport to and from Obertschappina
- Excursions to nearby attractions (e.g. the Via Mala gorge)

If you would like to stay a few extra days before or after the camp in Wald, the town outside Zurich where we live, you can stay in our Do-Jang free of charge. We have mats to sleep on, a kitchen for your use, shower and toilets. Bring your own sleeping bag. Should you wish to stay in a hotel instead, please book your own room.

The costs are as follows:

Adults: € 600.--

Children: € 500.--

All participants have to pay for their costs in **advance** to the following bank account:
Clientis Zuercher Regionalbank, Ruetistrasse 9, 8636 Wald, Switzerland
IBAN CH84 0685 0016 4812 8000 7, account Swiss Soo Bahk Do Federation, 8636 Wald
(BC-Number: 6850, BIC/Swift: RBABCH22850)

The registration deadline has been extended to the 30th June 2018!

Please note that your registration is only complete and your spot secured as soon as the money is transferred.

Interested?? We hope so!
For further information please do not hesitate to contact me.

Yours in Moo Duk Kwan

Vanja Michel
President
Swiss Moo Duk Kwan Federation
Rosengasse 78
CH-4600 Olten
Mobile phone: +41 79 567 16 77
E-mail: summercamp@moodukkwon.ch

