

## INQUIRED



### Isabelle Müller writer

Age: 46 years

Zodiac sign: Gemini

Learned profession:

Certified interpreter  
translator

Exercised activity:

Writer (including the  
autobiography "Phoenix Daughter –  
Hope was my  
Way", Krüger Verlag)

Marital status:

Married, 2 children

Place of residence: Kapfenhardt

Favorite dish:  
Fresh fruitFavorite drink:  
Still water

### 1 What is a Temptation?

A blank sheet of paper and a pen,  
or open your mouth,  
when everyone is silent.

### 2 Which is the most important for you greatest capital?

My curiosity and persistence.

### 3 What do they tell you after?

The rock in the surf or  
used to be a general  
to be.

### 4 As a child you wanted be like...?

The King's Daughter Isolde of Ireland  
(Tristan and Isolde).

### 5 Who would you like to under no circumstances in the sauna encounter?

I have no fear of physical  
contact.

### 6 What would you say to a Give 16-year-olds pocket money?

50 euros per month.

### 7 Where are your Favorite places?

Everywhere in the world, on a  
high mountain, towards the sky,  
if possible with a view of  
Water.

### 8 Who would you like to relax entertain?

Steven Spielberg.

### 9 We give you 10,000 euros. What are you buying?

Nothing.  
I would recommend them for my future  
School project in Vietnam  
provide.

### 10 What is your slogan in How to handle money?

Work it out yourself, handle it  
sensibly and don't forget  
the true values.

### 11 Had your last shirt but bags, what would you take with you?

Pen and paper.

### 12 Relax your soul let – where on favorite?

At home or see point 7.

### 13 What are you doing with Your last 100-euro note?

Since hope dies last,  
try that it is not the last  
Appearances remain.

### 14 Who would you like to firmly in itself press?

My guardian angel.

### 15 What luxury can Do you like it?

to take singing lessons.

### 16 In which city would you like a Second home?

In Florence.

### 17 How do you get fit?

Family and dog take care of that.

### 18 On which own What achievement are you proud of?

Despite a bad start, making  
something of my life  
have.

### 19 For what type of Art you give like to spend money?

Concerts, theater, exhibitions,  
wherever creativity and  
Aesthetics of people are expressed.

### 20 What is your current favorite restaurant?

The Seven in Ascona/Laggo  
Maggiore.

# The Myth of the Grandmaster

Tobias Münch from Pfinzweiler teaches the rare martial art Shinson Hapkido in Conweiler

**T**aekwondo now knows almost everyone. However, Shinson Hapkido, also from Korea, but not competitive

oriented traditional martial art with holistic reference, is

little known in this country. Thanks Tobias Münch from Pfinzweiler is this special form of movement since seven years in our region. Every Wednesday, the enthusiastic Black belt holders have a well-founded Knowledge for children and adults in the Straubenhardthalle Conweiler further.

Even during the holidays, Tobias Münch trains with passion.

"Shinson Hapkido is more than just sport. It is a holistic Training for body and mind", explains the 37-year-old calmly Voice. When he came to Straubenhardt in 2002, he was determined to continue his training. Eight years he studied with students of the Grandmaster Ko.Myong in his hometown Darmstadt and continuously passed belt examinations. Through the Conweiler gymnastics club, Tobias Münch then a training group.

"In the first hour, nobody was there," he recalls. But Shinson Hapkido is based on five Teaching methods: trust, respect, Patience, humility and love.

This also shaped the special atmosphere of this health-promoting and humanity-oriented martial art.

#### Trainer and engineer

"This, in addition to the technical diversity and the myth of the Grandmaster from the beginning," says the convinced trainer, who works full-time as a development engineer.

The training takes place in traditional black suits, which depending on the maturity level of the participants with



**In harmony with nature:** In addition to the martial arts offerings at Tobias Münch, 37, also offers outdoor courses at the Conweiler gymnastics club.

Photo: Molnar

different colored belts. Commands on

Korean like "Shijak" (start, go) or "Jon Bang Nakbop Junbi" (preparing the forward fall technique) are among them. And in addition to powerful

Jumps, energy screams, conditioning training, therapeutic gymnastics and various hand, foot, fall

and defense techniques, there are often moments to pause. Meditation and play silent greeting ceremonies a big role.

"Shinson Hapkido means the Path (Do) to harmony (Hap) of Body, mind and life force (Ki) in harmony with people, nature and Universe," explains Münch. In addition to

teaching the art of self-defense It is above all how to protect yourself and protects others naturally and heals. "It simply contains everything, what you need for life can," says the Straubenhardt resident. With regular training, the methods can also be used automatically in everyday life.

#### Martial arts also for children

The Korean martial art is suitable for people of all ages. Since 2007, there have also been two children's groups that enjoy great popularity. "It was important to me to also

to introduce the youngest to the ideas and techniques of Shinson Hapkido in a playful way," says the

Father of seven-year-old Moritz, who enthusiastically follows in his footsteps.

However, the experienced Trainers warn against excessive expectations: "It takes a long time until one can defend oneself on the street." It is more about the

Enjoy the activity and stay with it longer.

Regularly offers Münch also courses with students of the Grandmaster or an outdoor training session, including meditations at sunrise and

Falling techniques on dewy meadows practiced. "Without time pressure, we feel the rhythm of nature," says Tobias Münch. He is currently in the process of Straubenhardt an independent Dojang (martial arts school). Then you could

Among other things, belt tests can even be conducted. Anita Molnar

Adults train every Wednesday from 8 p.m. in the Straubenhardthalle Conweiler. The training for children (6 to 9 years) takes place on Wednesdays from 17.40 and Fridays from 16.45 o'clock. Further information by phone (01 70) 9 16 05 23, [www.shinsonhapkido.org](http://www.shinsonhapkido.org) or [www.tv-conweiler.de](http://www.tv-conweiler.de)

## Enjoy the sounds of life with the latest hearing aid technology GEERS is looking for participants for a practical study!

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Holger Imfeld, Dipl.-Ing. of Medical technology from the field Product Management at GEERS Hearing acoustics

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## municipal councils honor fistball players

**NEUENBÜRG.** There will be a festive start to the next public meeting of the Neuenburger Municipal Council on Tuesday, September 14. Jan Ehrhardt, the fistball world champion from the U18 team is honored. This is followed by the traditional question and answer session. the Neuenburger city councilors with the Status report on the rear Castle walkways and discuss the Result of the latest traffic survey from June 10. In addition, which subsequently the non-public decisions taken on 27 July. Start of the meeting is at 6.30 pm in the meeting room of the Town Hall. via

## Witnesses to accident wanted

**UNTERREICHENBACH.** The Calw police station is searching for suspects at (0 70 51) 16 10 Witnesses to an accident on Thursday evening at 7 p.m. on the federal highway 463 in front of the sawmill Burkhard in Unterreichenbach. A 25-year-old Audi driver was driving from Unterreichenbach towards Pforzheim. He closed the car in front of the sawmill, to a column on a preceding Audi. While a vehicle from the convoy overtook, A Hyundai came towards us. Its 25-year-old driver immediately an emergency stop and avoided the curb. Nevertheless, he bumped into the Audi of the also 25-year-old together. pole



"Since I started wearing a hearing system that really suits me, I can understand everything perfectly again at family gatherings."