

KRAV MAGA, Poland MRZEŻYNO  
29<sup>th</sup> July – 5<sup>th</sup> August 2017

[www.hala.mrzezyno.pl](http://www.hala.mrzezyno.pl)

*THE PRICE OF KRAV-MAGA POLISH SUMMER CAMP*

The KRAV MAGA summer camp of self-defense and hand-to-hand combat concentrates not only on various indoor techniques but also proposes a wide range of additional activities, such as outdoor trainings (on the beach, in the woods), squash, badminton, gym, etc. Additionally, participants eager to play paintball will have such a possibility. And after a day full of thrill and physical effort, you may relax in the hot sauna or refresh in the salty sea.

If you do not have time for regular trainings or if you practise on everyday basis and want to sum up a year of hard work – this week-long camp combining sport with entertainment

*WE OFFER:*

- Getting fit
- Losing a few unnecessary kilos
- Learning and practising KRAV MAGA techniques
- Well-trained and professional instructors
- Many additional (sports and entertaining) activities
- Trainings at a modern sports Centre
- Accommodation
- And most of all – wonderful holidays, unforgettable experience, great fun and excellent company!

Instructors' exams will take place during the camp. Moreover, participants will receive certificates to prove they completed the camp. The camp is obligatory for the instructors (conducting regular trainings), it provides the prolongation of the instructor's affiliation for the following season (2017/18).

*REQUIREMENTS*

- 18 years of age
- level of proficiency: beginners, advanced, proficient (trainings are held in groups depending on the participants' level of proficiency. You do not need to have trained before in order to participate in the camp and be satisfied!)

*PLACE*

Mrzeżyno Sport Centre (MSC)  
ul. Tysiąclecia 32 A  
72-330 Mrzeżyno

*ACCOMMODATION*

triple rooms with bathroom and Wi-Fi, radio, kettle.

The MSC is situated in the town's centre, in a walking distance from the beach (~300m), it offers parking lot and a barbecue place.

## MEALS

3 meals a day (breakfast – 2-course-lunch – supper), on the arrival day: supper, on the departure day: breakfast and lunch.

## INSTRUCTORS

All the instructors are well-trained with long-standing experience, as well as state and military qualifications. They hold certificates of the EUROpean Krav-Maga Federation RD. The group of instructors consists of lecturers and instructors working for the Polish Army and special units officers, i.e., people who train Polish Army soldiers on a daily basis, as well as police officers (including municipal police) and security guards.

## TRAININGS

3-4 trainings a day, covering self-defense techniques and hand-to-hand combat, street fighting, defense against several attackers, fighting with armed and non-armed opponents.

## FEES

### Package I

(accommodation at the hotel, meals, trainings, all the facilities)

Affiliated participants: 1430 PLN | 360 EURO

Non-affiliated participants: 1630 PLN | 410 EURO

The package includes:

7 nights in triple rooms (at the Sports Centre), 3 meals a day (breakfast – 2-course-lunch – supper), access to the Centre's equipment (sauna, gym, squash, climbing wall, warm-up party), at least 5 hours of KRAV MAGA daily (i.e., 3-4 trainings a day).

**IMPORTANT!** The fee includes the accommodation at triple room. For double room the extra fee 50 EURO per person is required.

### Package II

(accommodation at school situated next to the Mrzeżyno Sport Centre – the rest like at package I)

Affiliated participants: 1250 PLN / 320 EURO

Non-affiliated participants: 1450 PLN / 370 EURO

The package includes:

7 nights at a school located nearby the Sports Centre (the classrooms have been adjusted to sleeping in), 3 meals a day at the Sports Centre (breakfast – 2-course-lunch – supper), access to the Centre's equipment (sauna, gym, squash, climbing wall, warm-up party), at least 5 hours of KRAV MAGA daily (i.e., 3-4 trainings a day).

### Package III

(only trainings)

Affiliated participants: 700 PLN / 175 EURO

Non-affiliated participants: 900 PLN / 225 EURO

The package includes:

Trainings: 5 hours of KRAV MAGA daily (i.e., 3-4 trainings a day). Warm-up party. Accommodation and meals are NOT included!

Additional trainings and activities:

1. Individual training with a chosen instructor (paid to the instructor before the training):
  - 1 person – 100 PLN / 45 min.
  - 2 people – 150 PLN / 45 min.
2. Paintball 30 PLN per person.

## PROMOTION!

„First minute” – concerning package I - registration and prepayment required up to 20<sup>th</sup> of December 2016.

### **Affiliated participants:**

prepayment 160 EURO = promotional price for the camp 310 EURO (= discount 50 EURO)

### **Non-affiliated participants:**

prepayment 160 EURO = promotional price for the camp 360 EURO (= discount 50 EURO)

**IMPORTANT:** The fee includes the accommodation at triple room. For double room the extra fee 50 EURO per person is required.

*The number of promotional places is limited.*

## REGISTRATION AND PAYMENT

E-mail: [wlodek@kravmaga.org.pl](mailto:wlodek@kravmaga.org.pl) or [info@obozykravmaga.pl](mailto:info@obozykravmaga.pl)

Bank account for transferring the payment:

IDEA BANK: 59 1950 0001 2006 3535 4825 0002

Zawodowiec Włodzimierz Kopeć

ul. Droga Dębińska 10c/216, 61-555 Poznań

Payment title: „Mrzeżyno 2017 – First minute promotion”

1<sup>st</sup> installment: 300 PLN / 50 EURO (to confirm registration and book a place) – paid to 31.01.2017.

2<sup>nd</sup> installment: 500 PLN / 100 EURO – paid to 31.05.2017.

3<sup>rd</sup> installment: the remaining payment depending on the chosen package and SKMP membership – paid to 28.07.2017.

Reservation on the basis of „First come first served” rule – booking should be confirmed by payment of the 1<sup>st</sup> installment. Registration after the above mentioned deadlines may result in the lack of vacant places within particular packages.

In case you should cancel your registration, the 1<sup>st</sup> installment will not be refunded.

To register please state:

1<sup>st</sup> name, surname, phone number, instructor’s name, preferable roommate’s name.

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ADDITIONAL INFORMATION AVAILABLE VIA:

E-mail | [wlodek@kravmaga.org.pl](mailto:wlodek@kravmaga.org.pl) or [piotr@kravmaga.org.pl](mailto:piotr@kravmaga.org.pl)

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