

MILITARY SUMMER CAMP WITH KRAV MAGA TECHNIQUES

28.07 - 04.08.2018

POLAND, MRZEŻYNO

A summer camp of self-defense and hand-to-hand combat using the KRAV MAGA system, **focused on techniques implemented by uniformed services and personal security employees - VIP**. In addition to the KravMaga techniques, exercises and the shooting range, we provide a wide range of supplementary animations and activities such as squash, badminton, gym, climbing wall.

The camp is recommended for Krav Maga Instructors conducting classes in uniformed departments, and people who wants to learn the tactic rules and techniques of military and police intervention. For instructors, methodological, demonstration and instructor-methodical classes are conducted by police trainers and special units of the army.

CAMP TOPIC:

Intervention techniques of the police/army and weapon fight in direct contact BLOS.

During the training, according to the program implemented in the Polish Armed Forces, the issues of WWBK – Fight in the close combat, and BLOS - „fighting and safe use of weapons” will be implemented. Classes will be conducted by the authors of these systems, Włodzimierz KOPEĆ and Piotr TARNAWSKI.

CAMP PROGRAM:

- Transportation techniques
- Incapacitating techniques
- Handcuffing taking into account the level of danger - low level of threat / high degree of danger
- Checking / searching in various positions - standing, sitting, lying
- Combat techniques without the possibility of shooting
- Defense against the partition / blocking of weapons
- KRAV MAGA self-defense techniques with the use of weapons
- KRAV MAGA protection techniques - VIP
- Fighting and safe handling of the gun / rifle
- Shooting pistol (GLOCK 17, HK - USP, CZ 75B), rifle (AK 47 - Kalashnikov) - one day of practical training at the shooting range

For people with experience in the use of firearms: dynamic shooting, situational shooting, shooting tactics - working in a team during fire contact.

After completing the verification test, each participant will receive a basic certificate level "A" signed by the creator of the system

THE COST OF THE CAMP

PACKAGE I

Full option: overnight at the hotel, full board, KRAV MAGA training, shooting

Associated : **750 Euro**

Not associated: **850 Euro**

The package includes:

7 nights in 2-3person rooms / Hotel in MCS Mrzeżyno, 3 meals per day at place (breakfast: Swedish table, two-course lunch, Swedish buffet dinner), possibility of using the facilities (sauna, gym, squash, climbing wall, party integration), 5-6 hours of KRAV MAGA training per day . Fire activities - shooting training - shooting range.

PACKAGE II

Only KRAV MAGA workouts, shooting

Associated: **500 Euro**

Non associated: **600 Euro**

The package includes:

5-6 hours KRAV MAGA training per day. Fire activities - shooting training - shooting range.

ADDITIONAL ATTRACTIONS IN THE CENTER

- Sports Hall
- Football pitch
- Gym
- Fitness room
- Sauna
- Squash court
- Massage room

PAYMENTS SHOULD BE MADE TO:

SWIFT CODE BPKO PL PW 75 1020 4027 0000 1802 1395 5630

ZAWODOWIEC Włodzimierz KOPEĆ

ul. Droga Debinska 10c / 216, 61-555 Poznan

Payment title: "Mrzeżyno MILITARY 28.07-04.08.2018 + selected package, name and surname of the participant"