

KRAV MAGA SUMMER CAMP

24 – 31 July 2020

POLAND, MRZEŻYNO, Sport Centre in Mrzezyno www.hala.mrzezyno.pl

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. 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:

- √ Learning and practising KRAV MAGA techniques
- √ Well-trained and professional instructors
- √ Getting fit
- √ Losing a few unnecessary kilos
- √ 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 (2021/2022).

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, Tysiąclecia 32 A street
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 Richard Douieb. 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: **1860 PLN**

Non-affiliated participants: **2060 PLN**

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 **400 PLN** per person is required.

Package III

Affiliated participants: **900 PLN**

Non-affiliated participants: **1100 PLN**

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!

REGISTRATION AND PAYMENT

To register by e-mail please state:

1st name, surname, phone number, instructor's name, city/country, preferable roommate's name.

E-mail: wlodek@kravmaga.org.pl , lizakkrav@gmail.com or obozykravmaga@gmail.com

Bank account for transferring the payment:

SWIFT CODE BPKOPLPW IBAN PL 69 1020 4027 0000 1802 0389 9069

STOWARZYSZENIE KRAV MAGA POLSKA

Nagietkowa 1, 60 – 175 Poznań, Poland

Payment title: „KM Summer Camp 2021, selected package, name and surname of the participant”

1st installment: 600 PLN (to confirm registration and book a place) – paid within 7 days of submitting the application

2nd installment: 600 PLN – paid to 15.04.2021.

3rd installment: the remaining payment depending on the chosen package and SKMP membership – paid to 24.07.2021.

Reservation on the basis of „First come first served" rule – booking should be confirmed by payment of the 1st 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 1st installment will not be refunded.

ADDITIONAL INFORMATION AVAILABLE VIA:

E-mail | wlodek@kravmaga.org.pl or lizakkrav@gmail.com or obozykravmaga@gmail.com

Phone | Włoddek KOPEĆ +48 601 877 228 or Piotr LIZAK +48 662 093 410 or +48 604 516 004