

# KRAV MAGA SUMMER CAMP

22<sup>nd</sup> – 29<sup>th</sup> July 2023

POLAND

Sport Centre in Mrzezyno

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

## DESCRIPTION OF THE POLISH KRAV-MAGA 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

---

- ✓ 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 (2023/2024).

## 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

---

Mrzezyno Sport Centre (MSC)  
Tysiąclecia 32 A street  
72-330 Mrzezyno, Poland

## ACCOMMODATION

---

Triple or double 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.

## 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-defence techniques and hand-to-hand combat, street fighting, defence against several attackers, fighting with armed and non-armed opponents.

## FEES

---

### **Package I**

Accommodation at the hotel (triple room), meals, trainings, all the facilities

Payment made	by 01.05.2023	after 01.05.2023
Affiliated participants:	<b>2260 PLN</b>	<b>2460 PLN</b>
Non-affiliated participants:	<b>2460 PLN</b>	<b>2660 PLN</b>

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).

### **Package II**

Accommodation at the hotel (double room), meals, trainings, all the facilities

Payment made	by 01.05.2023	after 01.05.2023
Affiliated participants:	<b>2660 PLN</b>	<b>2860 PLN</b>
Non-affiliated participants:	<b>2860 PLN</b>	<b>3060 PLN</b>

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!** Only 5 double rooms are available.

## **Package III**

Payment made	by 01.05.2023	after 01.05.2023
Affiliated participants:	<b>1100 PLN</b>	<b>1300 PLN</b>
Non-affiliated participants:	<b>1300 PLN</b>	<b>1500 PLN</b>

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**

---

Registration should be made to the e-mail address:

info@obozykravmaga.pl

To register please state:

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

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 Poznan, Poland

**Payment title:** „KM Summer Camp 2023, selected package, name and surname of the participant”

1st instalment: 1000 PLN – paid to 01.05.2023 or within 2 weeks of sending your e-mail application.

2nd instalment: the remaining payment depending on the chosen package and FEKM membership – paid to 22.07.2023 (at the first day of the camp).

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

## **ADDITIONAL INFORMATION AVAILABLE VIA:**

Wioletta LIZAK	info@obozykravmaga.pl	+48 604 516 004
Włodek KOPEĆ	wlodek@kravmaga.org.pl	+48 601 877 228
Piotr LIZAK	lizakkrav@gmail.com	+48 662 093 410