

KRAV MAGA SUMMER CAMP

20th – 27th July 2024

POLAND

Sport Centre in Mrzeżyno

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

Mrzeżyno Sport Centre (MSC)
Tysiąclecia 32 A street
72-330 Mrzeżyno, 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 10.05.2024	after 10.05.2024
Affiliated participants:	2260 PLN	2460 PLN
Non-affiliated participants:	2460 PLN	2660 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).

Package II

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

Payment made	by 10.05.2024	after 10.05.2024
Affiliated participants:	2660 PLN	2860 PLN
Non-affiliated participants:	2860 PLN	3060 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! Only 5 double rooms are available.

Package III

Payment made	by 10.05.2024	after 10.05.2024
Affiliated participants:	1100 PLN	1300 PLN
Non-affiliated participants:	1300 PLN	1500 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

Registration should be made to the e-mail address:

info@obozkravmaga.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 2024, selected package, name and surname of the participant”

1st instalment: 1000 PLN – paid to 10.05.2024 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 20.07.2024 (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@obozkravmaga.pl	+48 604 516 004
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