

Military CAMP KRAV MAGA  
BIESZCZADY MOUNTAINS 2014  
**RAJSKIE 03 – 09.08.2014.**  
**/Holiday Centre „EDEN” Rajska Dolina/**

*If you are looking for leisure and comfort – better stay at home!!!!*

If you want to get tired, experience the taste of adventure, test yourself and learn how to survive – **this camp is for you!**

Find out if you can cope in difficult situations – under the supervision of professionals.

**We offer:**

- Selected techniques of the military close contact fighting (taught to the Polish Army instructors)
- Close contact fighting with individual weapon
- Tactics and techniques of intervention
- Defence against short and long gun threats
- Defence against knife attacks, basics of knife combat
- Getting through mountainous terrain using climbing techniques
- Orienteering, mountainous navigation
- Usage of maps, walking on the azimuth
- First aid
- Staying in the field, building shelters, getting food and water, extreme conditions survival
- Using common objects for survival and combat
- Survival, infiltration, resistance – acting in isolation
- Ground combat techniques

Trainings will be held in groups depending on the participants' level of proficiency, age, and psycho-physical fitness. They will be conducted by KRAV MAGA instructors, who, on daily basis, train the special units in the Polish Army and prepare soldiers to fight in extreme conditions both inside and outside the country.

During the camp volunteers will go through KRAV MAGA MILITARY SELECTION. From the first day you will be able to score. Those who win a particular number of points will receive a certificate.

Every participant should bring:

- Regular equipment used at KRAV MAGA trainings – suspensor, teeth protection, boxing gloves, and (optional) shin and knee pads
- Appropriate clothing – take into account changing weather conditions
- Clothing for water trainings

Underaged participants (of at least 15 years of age) have to submit their legal caretaker's agreement. There is also a possibility to create a separate juvenile group with the camp programme adjusted especially to the age of the participants.

## **Fees:**

**980 PLN / 245 EURO** affiliated participants

**1130 PLN / 280 EURO** non-affiliated participants

Fees include: accommodation, meals (full board), trainings, warm-up party, access to the Centre's equipment – e.g., swimming pool, bicycles, etc.

Additional information:

Phone: + 48 **601 877 228** / E-mail: [wlodek@kravmaga.org.pl](mailto:wlodek@kravmaga.org.pl)

Phone: + 48 **603 161 291** / E-mail: [piotr@kravmaga.org.pl](mailto:piotr@kravmaga.org.pl)

## **REGISTRATION / PAYMENT**

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

### **ZAWODOWIEC – Włodzimierz Kopec**

Ul. Droga Dębińska 10 c / 216, 61 – 555 Poznan

Registration should be confirmed by payment to:

Bank: PKO-BP oddz. V Poznan

Account number: **PL 31 1020 4027 0000 1602 0438 7858**

**SWIFT CODE: BPKO PL PW steite seavings Bank (PKO BP S.A.)**

Payment title: „**BIESZCZADY 2014**”

1<sup>st</sup> installment: 150 PLN (to confirm registration and book a place) – paid to 30.04.2014.

2<sup>nd</sup> installment: 400 PLN paid to 30.06.2014.

3<sup>rd</sup> installment: 430 PLN (affiliated participants) OR: 580 PLN (non-affiliated participants), paid to 31.07.2014.

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 deadline may result in the lack of vacant places.

**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.