

POLAND MRZEŻYNO - KRAV MAGA 2014

KRAV MAGA BY THE SEA

ONLY WITH US!

GOOD TRAINING AND A LOT OF FUN!!!

19 – 26.07.2014.

If you want to combine holidays at the seaside with a lot of fun and adrenaline – this camp is for you!!!!



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 **OFFERS:**

- Getting fit
- Losing a few unnecessary kilos
- Learning and practising KRAV MAGA techniques
- Well-trained and professional instructors
- Many additional (sports and entertaining) activities
- Trainings at a modern sports centre
- Accommodation
- And most of all! WONDERFUL HOLIDAYS, UNFORGETFUL EXPERIENCE, GREAT FUN AND EXCELLENT COMPANY!!!!!!!!!!

Belt exams and 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 (2014/15).

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)
ul. Tysiąclecia 32 A
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.

We kindly inform You that the price of the Summer Camp includes accommodation at the hotel in triple rooms - participants who want to be accommodated in double room must pay additionally 50 Euros per person.

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 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-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 at the Sports Centre, meals, trainings)

Affiliated participants: **1160 PLN / 290 EURO**

Non-affiliated participants: **1360 PLN / 340 EURO**

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 a nearby school, meals, trainings)

Affiliated participants: **980 PLN / 245 EURO**

Non-affiliated participants: **1180 PLN / 295 EURO**

The package includes:

7 nights at a school located nearby the Sports Centre (the classrooms have been adjusted to sleeping in), 3 meals a day at the Sports Centre (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 III

(Only trainings)

Affiliated participants: **600 PLN / 150 EURO**

Non-affiliated participants: **800 PLN / 200 EURO**

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!

Additional trainings and activities:

- Individual training with a chosen instructor:
1 person – 100 PLN / 45 min,
2 people - 150 PLN / 45 min
Paid to the instructor before the training.
- Paintball **30 PLN** per person

REGISTRATION AND PAYMENT:

email: wlodek@kravmaga.org.pl OR info@oazykravmaga.pl

ZAWODOWIEC – Włodzimierz Kopeć

ul. Droga Dębińska 10 c / 216, 61-555 Poznań

Registration should be confirmed by 1st installment transfer 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: „**KM MRZEŻYNO 2014**” + Package number

1st installment: – 200 zł (to confirm registration and book a place) – paid to 30.04.2014.

2nd installment – 400 zł – paid to 30.06.2014.

3rd installment – the remaining payment depending on the chosen package and SKMP membership – paid to 15.07.2014.

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.

To register please state:

1st name, surname, phone number, instructor’s name, preferable roommate’s name.

Additional information available via:

E-mail: wlodek@kravmaga.org.pl OR piotr@kravmaga.org.pl

Phone: **+48 601 877 228** OR **+48 603 161 291**