

KRAV MAGA SUMMER CAMP

20 th July – 27 th July 2019
POLAND, MRZEŻYNO

www.hala.mrzezyno.pl

THE PRICE OF 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. 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:

- 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, 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 (2019/2020).

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

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 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, meals, trainings, all the facilities

Affiliated participants: **400 EUR**

Non-affiliated participants: **500 EUR**

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 100 EURO per person is required.

Package II

Affiliated participants: **200 EUR**

Non-affiliated participants: **250 EUR**

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

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

Bank account for transferring the payment:

SWIFT CODE BIGBPLPW IBAN PL 42 1160 2202 0000 0003 6828 5671

„Camp” Elzbieta Lizak

Payment title: „Mrzezyno 20-27.07.2019, selected package, name and surname of the participant”

1st installment: 100 EUR (to confirm registration and book a place) – paid within 7 days of submitting the application

2nd installment: 100 EUR – paid to 30.04.2019.

3rd installment: the remaining payment depending on the chosen package and SKMP membership – paid to 13.07.2019.

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 lizakkrav@gmail.com or obozykravmaga@gmail.com
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