



LUBELSKI SPORTOWY KLUB TAEKWON-DO

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WINTER TAEKWON-DO CAMP SZCZYRK 2015

1. ORGANISER:

Lubelski Sportowy Klub Taekwon-do

Address: 20-880 Lublin, ul. Feliksa Nowowiejskiego 1/1

tel. (+48) 817430150, (+48) 817430606, tel/fax (+48) 817431150

2. ACCOMODATION DETAILS:

Holiday inn 'ADAM'

(double or triple rooms, all have bath-room with shower and TV)

address: ul. Radosna 3, 43-370 Szczyrk

tel./fax 033/ 817 82 97

www.adam.szczyrk.pl

3. DATE:

31.01.- 06.02.2015

4. INSTRUCTORS:

- **Tadeusz Loboda – VII Dan**, president of Polish Taekwon-Do Association, president of AETF, author of teaching programmes at instructor and coach seminars, coach of Polish National Team in the year 1985-1990; instructor of many champions, instructor of Lubelski Sportowy Klub Taekwon-Do;
- **Jerzy Jedut – VII Dan**, vice-president of Polish Taekwon-Do Association in instructing and technical concepts; coach of Polish National Team in the year 1987-1995, instructor of many champions (European and World); main instructor of the MKS 'Lewart' Lubartow Club, General Secretary of AETF and Member of AETF Technical Committee.
- **Jaroslaw Suska – VI Dan**, competitor at international champions level, 20th time European Champion in patterns and 6th time, current World Champion, the best ever technical practitioner in the history of Polish Taekwon-Do, instructor in MKS 'Lewart' Lubartow Club, the Polish National Team Coach since 2014

5. CAMP ACTIVITIES:

- Division of groups depending on grade and age
- Minimum two trainings a day per group (**additionally, individual technical consultations**);
- Activities consisting of: **sparring drills, fundamental exercises** (simple but also very complicated), intensive perfecting of **very difficult techniques included in patterns**, demonstrating techniques,.
- Video tape analysis (competitions of highest ranks, eg. European and World Championships and International Matches);

6. ADDITIONAL ACTIVITIES:

- skiing for beginners,
- skiing and snowboarding for example: ('ONDRASZEK' button lift) slope 710 metres long,
- sledging, indoor activities, other additional sports.

7. PRICE:

Costs of participation in the camp:

- **Basic package: 750 PLN (approx. 180 Euro)** per person (7 days) inclusive of: food, accommodation, sports hall, instructive costs and guardianship costs.
- **Additional cost of ski lifts: ca. 120 PLN**
- **Additional cost of hiring the ski/snowboard equipment: ca. 200 PLN**
- Additional cost of skiing instructor: **ca. 40 PLN**

8. ADDITIONAL ATTRACTIONS:

- real highlander sledge ride with grilling sausages on an open fire
- sight-seeing of the most attractive places in Szczyrk

9. ADDITIONAL INFORMATION:

Everyone should take appropriate pair of shoes (at least 2 pairs) and enough clothes changes to keep you warm throughout the camp.

10. PARTICIPANTS CONDITIONS:

Only participants 12 years old and above can attend the camp. The deadline for sending the applications is **Monday – 12th January 2015**. In case of sending the copy of the application by email we kindly ask you to bring the original application with you.

WE ARE EXPECTING SNOW FALL TO REACH YOUR WEIST LEVEL!!!

PLEASE READ!

Costs for everyone who is coming as a spectator or a guardian (Basic Package) is **700 PLN**.

IT IS A PLEASURE TO INVITE YOU TO OUR CAMP!

Tadeusz Łoboda
President
Lubelski Sportowy Klub Taekwon-Do