



# LUBELSKI SPORTOWY KLUB TAEKWON-DO

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## CENTRAL TAEKWON-DO SUMMER CAMP BIAŁA PODLASKA 5-14 July 2019

### 1. ORGANISER:

Polish Taekwon-Do Association and Lublin Taekwon-do Sport Club,  
20-880 Lublin, ul. Feliksa Nowowiejskiego 1/1  
tel. (81) 7430150, tel/fax 7431150 e-mail [info@pztkd.lublin.pl](mailto:info@pztkd.lublin.pl)

### 2. ACCOMMODATION:

A Student's House complex (the part of the living base of Faculty of  
Physical Education in Biała Podlaska)

Akademicka str. no 2, 21 – 500 Biała Podlaska,

(the city is situated in northern part of Lubelskie Voivodship on the banks of the river  
Krzna, the left-bank tributary of the Bug river with apx. 60 000 inhabitants -  
<http://www.bialapodlaska.pl/en/>).

The closest airports: Warsaw – 157 km, Lublin – 120 km

### 3. DATE:

5 -14 July 2019

Arrival – 5<sup>th</sup> July (Friday) till 5 p.m.

Departure – 14<sup>th</sup> July (Sunday) after breakfast

### 4. INSTRUCTORS:

- **Tadeusz Łoboda** – 8<sup>th</sup> Degree, Vice-President of PTA, author of training programs for instructor and referee courses, Polish National Team Coach from 1985 to 1990;
- **Jerzy Jedut** – 8<sup>th</sup> Degree – PTA President and chief of the technical matters, Polish National Team Coach (1987-95); teacher of many eminent athletes who won the titles of World and European Champions;
- **Jarosław Suska** – 7<sup>th</sup> Degree - international-class competitor, Polish National Team coach, six times World Champion and twenty times champion of Europe in pattern, twenty five times Polish Champion, the best Polish technique practitioner, boasting of the best technical level in the history of Polish Taekwon-Do,
- **Michał Cytryniak** – 5<sup>th</sup> Degree, the chief and instructor of Centrum Taekwon-Do in Łódź. Educator of many medallists of high-ranking championships in the country and abroad. Participant and organizer of many seminars, camps and courses.
- **Kamola Sławomir** – 5<sup>th</sup> Degree, counterterrorist police officer, instructors in self-defense.
- **Andrzej Kozłowski** – 2<sup>nd</sup> Degree - precursor of Taekwon-Do in Poland, yoga classes.

## 5. PROGRAMME:

- Appointing the participants to particular groups according to their technical advancement and age;
- At least two trainings a day for each group plus self-defense class and individual assistance;
- DVD presentations (a possibility of copying top championships e.g. European and World Championships, International Tournaments);
- extra activities concerning further mastering of techniques, patterns, sparring and self-defense;
- The trip to Lublin or Warsaw and some other attractive places are planned.
- Two hours per day swimming pool free of charge is included
- Other extra activities

## 6. COSTS:

The total cost of the camp is 1360 PLN (ca. 330 Euro) per person (10 days) which includes: meals, accommodation, a gym, instructors' fees and other).

The cost **does not include** the cost of transportation to and from the camp but **good transportation from and to closest airports can be arranged:**

- Warsaw Chopin Airport (<http://www.lotnisko-chopina.pl/en/passenger>)

- Lublin Airport (<http://www.portlotniczy.lublin.pl/>)

Participants from abroad should pay the required amount after coming to the camp.

## 7. CONDITIONS OF PARTICIPATION:

Sending back filled in original of the application form at the latest **by 23<sup>rd</sup> June 2019** to Lubelski Sportowy Klub Taekwon-Do by e-mail [info@pztkd.lublin.pl](mailto:info@pztkd.lublin.pl).

After the deadline application need to be agreed every time with the organizer due to limited number of places. In case of exceeding the deadline, please contact us by email.

## 8. INSURANCE:

Hereby the organizer informs that it does not insure the participants with accident insurance. According to the Polish act of sport dated on 25<sup>th</sup> June 2010, art. 38 (2) (Chapter VII – Security in Sport) the insurance duty is the responsibility of the sport club or the participants themselves.

## 9. OTHER:

The cost of people accompanying (not participating in the training sessions) the participants is 1300 PLN (ca. 320 Euro).

People who take part in training and do not use accommodation and meals pay 150 PLN (ca. 40 Euro) for participation in classes, including swimming pool.

Looking forward to your coming to Poland.