

SONKAL'S SUMMER CAMP

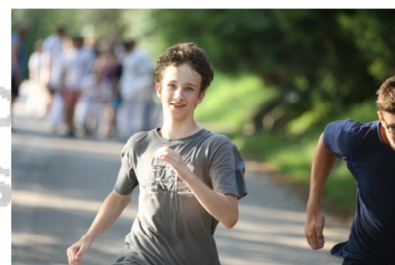
Traditional summer camp will be held in Male Svatonovice for 9 days. Wonderful countryside of Krkonose mountains offers perfect place for taekwondo trainings and relaxation. Main goal of camp is to improve sparring skills, but training schedule will contain all parts of taekwondo – fundamental movements, patterns, kicks, special techniques, power breaking and self-defense. For red & black belts are scheduled extra trainings focused on ground sparring and self-defense against opponent with knife. During whole camp we would like to work on improvement of physical condition.



At the end of camp will be examination for color belts.

There will be also many non-taekwondo activities:

- Competition in action scenarios
- Competition in step sparring
- Tekken tournament
- Trip during free day
- Lessons about theory and history of taekwondo



Facts

Date: **August 4-12** (departure from Vybiralova school Cerny Most at 8:30AM, arrival 7:00PM)

Place: Boarding school, 17. Listopadu 177, 542 34 Male Svatonovice

Price: **3.900 CZK** (aprox. 160 EUR, or 20 EUR/per day)

What is included: accommodation, full board (three meals every day), transportation from Prague, during whole day available gym with equipment

Equipment: Dobok, training pad, boxing gloves & other equipment, sport clothes, sport shoes (indoor and outdoor), regular clothes and insurance.



Contact person during whole camp +420-777-011-692 - Ondřej Vrabel

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