

We invite you to participate in a unique event !!!

**International Traditional Karate Master Seminar
conducted by**

sensei Avi Rokah 8 dan

Zielona Góra 2023

Date:	November 11-12, 2023 Saturday - Sunday	Place:	WOSiR sports hall ul. Drzonkow – Olimpijska 20 66-004 Zielona Góra Poland
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Sanctioned by	Hosted by
Polish Traditional Karate Federation	Foundation for the Promotion and Development of Traditional Karate "NIDAN" Karate Club NIDAN Zielona Góra

The traditional karate seminar will be conducted by the world-famous sensei Avi Rokah 8 dan, President of WTKF from Los Angeles, USA. Master Avi Rokah is a student of the greatest authority in karate, the master and precursor of traditional karate sensei Hidetaka Nishiyama.

Sensei Avi Rokah is a world-famous Traditional Karate Instructor, 1994 World Champion and Multiple United States Champion.

Seminar agenda		
Friday November 10, 2023	17.30-19.30	Visiting vineyards and tasting Zielona Góra wines
Saturday November 11, 2023	9.15 – 9.50	Registration of seminar participants
	10.00 – 11.30	Seminar - morning training block for participants from 9 kyu to 4 kyu
	10.00 – 13.00	Seminar - morning training block for participants from 3 kyu to dan.
	11.30 – 11.40	Training break
	13.00 – 13.30	Photo session
	13.30 – 14.30	Lunch break
	14.30 – 16.00	Seminar - afternoon training block for participants from 9 kyu to 4 kyu
	14.30 – 17.30	Seminar - afternoon training block for participants from 3 kyu to dan
	16.00 – 16.10	Training break
	17.30 – 18.15	Photo session
Sunday November 12, 2023	19.30 – 21.00	Dinner
	9.00 – 11.00	Seminar - morning training block for participants from 9 kyu to dan
	11.00 – 12.00	Lunch
	12.00 – 14.00	Seminar - afternoon training block for participants from 3 kyu to dan
	14.00 – 14.30	Handing out diplomas and thanks
	14.30	End of the seminar

Scoring of the Polish Traditional Karate Federation

Each participant belonging to the Polish Traditional Karate Federation will receive 100 points.

Conditions of participation in the seminar

1. Current medical examinations and no health contraindications to participate in the seminar.
2. Each participant should have international insurance.
3. Consent to the processing of personal data and free access to the image for the purposes of the seminar.
4. Registration and payment for participation in the seminar.

Fee for participation in the seminar

Saturday November 11, 2023	Group from 1 - 7 people	45 Euro/per person 200 PLN/osobę
	Group over 8 people	40 Euro/per person 180 PLN/osobę
Saturday - Sunday November 11 - 12, 2023	Group from 1 - 7 people	70 Euro/per person 300 PLN/za osobę
	Group over 8 people	65 Euro/per person 280 PLN/ za osobę
A group means the number of people in one club		

Fee for participation in Visiting vineyards and tasting Zielona Góra wines

80 PLN/ 20 Euro/per person

Meals

For meal orders- must fill in the on-line registration form at www.karate.pl

The cost of three meals is **25** EUR /person (breakfast/lunch/dinner).

The cost of one meal is **10** PLN/person.

Accommodation

For accommodation orders- must fill in the on-line registration form at www.karate.pl

The price of accommodation in the seminar facilities

is **23** EUR/person per day. The number of beds is limited. Applications will be prioritized based on the order in which they are received.

Reservations and applications

we accept until October 30, 2023 - application form at www.karate.pl

Bank account for payments:

Foundation for the Promotion and Development
of Traditional Karate "NIDAN"

ul. Zbozowa 19, 65-375 Zielona Gora

tax identification number 9292029735

REGON385348035

KRS 0000824574

for PLN: 31 1090 2561 0000 0001 4425 8182

for Euro: PL 54 1090 2561 0000 0001 5508 2095

E-mail: biuro@fundacja-karate-nidan.pl

Facebook: <https://www.facebook.com/fundacjanidan/>