

# international traditional karate seminar

conducted by

## **AVI ROKAH 6 Dan ITKF**

### **STARA WIEŚ 2010**

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**Avi Rokah 6 Dan ITKF** – student and assistant of Sensei Hidetaka Nishiyama. He started karate training when he was 15 years old. Right after he had completed military service in Israel, he moved to the United States at the age of 21. He has continued practising karate under supervision of Nishiyama Sensei. From that time he spent every day at Sensei's Dojo and shares his knowledge all over the world. He is the one who introduced karate to many traditional karate practitioners in the world. Except for his experience as an instructor, Avi Rokah is a repeated US champion in kumite and the world champion in team kumite from 1994 (Treviso, Italy).

This year course held by Sensei Avi Rokah is the continuation of the seminars conducted annually by Nishiyama Sensei in Poland since 1992. The seminar will be coordinated by **Sensei Włodzimierz Kwieciński 7 Dan ITKF** – coach of the traditional karate national team of Poland and Chairman of the Traditional Karate Federation of Poland.

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#### **DATE**

**7 May (Friday) – 9 May (Sunday) 2010**

#### **SEMINAR SITE**

**Japanese Martial Arts and Sport Centre „Dojo-Stara Wieś”**

address: village Stara Wieś 1

(Lodzkie voivodship, Przedborz borough, radomszczanski district)

click on the link to the map: [http://www.karate.pl/dojo\\_stara\\_wies\\_investment.php](http://www.karate.pl/dojo_stara_wies_investment.php)

#### **HOSTED BY**

**Traditional Karate Federation of Poland**

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#### **PARTICIPATION REQUIREMENTS**

**Read carefully! New participation requirements!**

1. The seminar is available **ONLY FOR BLACK BELTS AND CANDIDATES FOR EXAM FOR MASTER GRADE WITH 1 KYU.**
2. All participants must have valid International Insurance.

## REGISTRATION

**7 May (Friday) from 17.00 to 20.00** at the seminar office (reception of the Japanese Martial Arts and Sports Centre „Dojo-Stara Wies” – canteen building)

### COST

Participation Fee ..... **200 PLN**  
1-Day Participation Fee ..... **130 PLN**

### BOARD AND ACCOMODATION

There is a possibility to reserve board and accommodation at the Japanese Martial Arts and Sports Centre “Dojo-Stara Wies”.

The standard price of board and accommodation at the centre is 270 PLN per night per person. However, due to the fact that this is the first seminar we would like to offer a special price in a package: **312 PLN per person**, which includes:

- accommodation (2 nights: Friday, May 7/Saturday, May 8 and Saturday, May 8/Sunday, May 9)
- board (Friday, May 7: supper; Saturday, May 9: breakfast, dinner, supper; Sunday, May 9: breakfast, dinner)

1. In order to make reservation please **transfer the full amount (312 PLN per person) until 15 April 2010 (Thursday) to the following bank account:**

Name of beneficiary: Fundacja Rozwoju Karate Tradycyjnego  
Address of beneficiary: 4a Moniuszki Street, 90-111 Lodz (Poland)  
Name of bank: Bank Spoldzielczy w Przedborzu  
Address of bank: 31 Mostowa Street, 97-570 Przedborz  
Bank account: PL 12 8988 0001 0000 0016 9736 0001  
SWIFT: MBREPLPW  
Title: “Seminar Avi Rokah, participants:... (list of names)...”

#### **Attention:**

- a) **Number of places at the centre “Dojo-Stara Wies” is limited.** Reservations will be accepted due to the order of bank transfers.
  - b) **Accommodation at the centre available only for participants of the seminar.**
  - c) **Please take your own towels.**
2. **Please send confirmation of payment (scanned) including list of participants to our office by e-mail: [pzkt@karate.pl](mailto:pzkt@karate.pl) until 15 April 2010 at the latest.**

*Włodzimierz Kwociński*  
*Chairman*  
*Traditional Karate Federation of Poland*