

*The tradition continues...*

---

# INTERANTIONAL SEMINAR OF TRADITIONAL KARATE-DO

Conducted by

## AVI ROKAH Sensei

NIEPOŁOMICE 2019

---

**Avi Rokah Sensei (USA)** – student and assistant of Hidetaka Nishiyama Sensei.

He began studying karate at the age of 15. At the age of 21, he moved from Israel to the USA in order to continue studies with Hidetaka Nishiyama Sensei. Since then he had been studying karate with him. Avi Rokah has been sharing his knowledge with us for years. He's multiple medallist of the US at individual kumite and the world champion in kumite team from 1994 (Treviso, Italy).

The seminar with Avi Rokah sensei is a continuation of yearly seminars that had been conducted in Poland for years by Hidetaka Nishiyama Sensei. It will be coordinated by **Paweł Janusz sensei 4<sup>th</sup> DAN**, the president of Akademia Karate Tradycyjnego Niepołomice-Kraków, member of the national team PZKT, assistant of the national team coaches.

---

### DATE

27th April (Saturday) – 28th April (Sunday) 2019

### PLACE

Społeczna Szkoła Podstawowa im. Lady Sue Ryder w Niepołomicach  
Osiedle Kaptarz 40, 32-005 Niepołomice (<https://goo.gl/maps/wJUoRtDsSk32>)

### ORGANIZED BY

Akademia Karate Tradycyjnego - Niepołomice

### SCHEDULE

#### **Saturday (27th April)**

10 AM – 11 AM - for all participants

11:10 AM -12:30 PM - 3 kyu and above

INTERNAL

3 PM -4 PM - for all participants  
4:10 PM -5:30 PM - 3 kyu and above

8 PM - Sayonara Party (Novum Hotel, Niepołomice, <https://goo.gl/maps/9ZPLwRm3rtM2>)

### **Sunday (28th April)**

10 AM – 11 AM - for all participants  
11:10 AM -12:30 PM - 3 kyu and above

3 PM - 5 PM - for all participants

## **FEES**

Participation fee/person:

### **Option 1. 2 days**

- children up to 14 years old: **130 zł** (30 euro)  
- adults: **220 zł** (50 euro)

### **Option 2. 1 day**

- children up to 14 years old: **80 zł** (20 euro)  
- adults: **130 zł** (30 euro)

Fees to be paid in cash at the office during registration.

## **REGISTRATION AND PAYMENTS FOR TRAININGS**

Seminar office:

27<sup>th</sup> April (Saturday), 8:30 AM - 10 AM

Spółeczna Szkoła Podstawowa im. Lady Sue Ryder w Niepołomicach

## **ACCOMMODATION OFFER**

### **Hotel Novum \*\*\***

ul. Grunwaldzka 15H, 32-005 Niepołomice

<http://www.hotelnovum.pl/>

Specially for the Guests of Traditional Karate Academy for the period of 24th-27th April 2018 we could offer following prices:

- single room with a price of 139 PLN
- double/twin room with a price of 189 PLN
- Studio room for 2 persons with a price of 269 PLN

Mentioned prices are per room, per night with breakfast and Vat included.

INTERNAL

Moreover, we offer free WIFI, parking and free entrance to sauna zone of Salon & SPA Hotel Novum.

You will find our e-folder and special offer enclosed.

Reservations can be made using **Karate** phrase until 15<sup>th</sup> March 2019.

Contact details:

Phone: +48 12 279 89 00

e-mail: [repcja@hotelnovum.pl](mailto:repcja@hotelnovum.pl)

**ADDITIONAL ACCOMMODATION:**

**Hotel Niepołomice**

<https://hotelniepolomice.pl/>

ul. Kościuszki 22, 32-005 Niepołomice

Telefon: +48 694 750 690, (12) 28 10 144

[repcja@hotelniepolomice.pl](mailto:repcja@hotelniepolomice.pl)

**BOUTIQUE HOTEL w Zamku Królewskim w Niepołomicach**

<http://www.zamekkrolewski.com.pl/boutique-hotel>

Zamek Królewski BOUTIQUE HOTEL w Niepołomicach

ul. Zamkowa 2, 32-005 Niepołomice

tel (48 12) 261 98 00, e-mail: [hotel@zamekkrolewski.com.pl](mailto:hotel@zamekkrolewski.com.pl)