

8 th INTERNATIONAL KARATE SEMINAR 25th-26th MAY 2013, POLAND, CIESZYN

Place: Sport hall MOSiR, 43-400 Cieszyn, Al. J.Łyska sr.21



Sensei Jonathan Mottram Kata - Anglia

Coach and competitor national Kata team

3 x Commonwealth Champion,

2 Silver & 2 Bronzes medals at Europeans Karate Championships EKF

15 x English National Individual Kata Champion, 9 x Team Kata WKF

11 x British National Individual Kata Champion and 5 x Team Champion WKF)



Sensei Christian Gruner Kumite - Germany

Competitor national Kumite team of Germany

(Students World Champion 2004 WKF, Vice World Champion Juniors 2001 WKF,

two times bronzes medals European Championships Seniors EKF,

Bronzes medals World Games 2005 WKF, European Champion ESKA, Vice World Champion WSKA,

12 times German Champion WKF)



Sensei Aimee Sell Kata - England

Competitor national Kata team

(2013 European EKF championships 2nd in team kata and 2nd in individual kata,

9X ENGLISH KATA CHAMPION 5X BRITISH KATA CHAMPION,

2011 EUROPEAN CADET SILVER, 2010 JUNIOR EUROPEAN TEAM KATA BRONZE)

PROGRAM SEMINARIUM
25.05.2013



www.shindo.pl

7.00 10.00	Przyjazd uczestników seminarium, rejestracja i zakwaterowanie.	
	Wpłaty za seminarium w biurze na Hali Sportowej	
9.00 10.30	Grupa 3 kyu i Dan	Christian Gruner Kumite
10.30 12.00	Grupa 9 - 4 kyu	Jonathan Mottram Kata i Aimee Sell Kata
14.30 16.00	Grupa 3 kyu i Dan	Jonathan Mottram Kata i Aimee Sell Kata
16.00 17.30	Grupa 9 - 4 kyu	Christian Gruner Kumite
17.30 19.00	Grupa 3 kyu i Dan	Christian Gruner, Jonathan Mottram i Aimee Sell Kata
21.00-?	GRILL + DYSKOTEKA :-)	

26.05.2013

10.00 11.30	Grupa 3 kyu i Dan	Jonathan Mottram Kata i Aimee Sell Kata
11.30 13.00	Grupa 9 - 4 kyu	Christian Gruner Kumite
13.00 14.30	Grupa 3 kyu i Dan	Christian Gruner Jonathan, Mottram i Aimee Sell Kata

KOSZTY SEMINARIUM
110 zł dla wszystkich stopni

NOCLEGI:

Istnieje możliwość indywidualnych rezerwacji w Hotelu połączonym z halą sportową. Rezerwacje na hasło „**KARATE**”.

Więcej informacji można uzyskać pod adresem www.mosir-hotel.pl,

e-mail: recepcja@mosir-hotel.pl tel./fax (+48) 033 8525348 / (+48) 033 8522044 / +48 502 586 777.

LICZBA MIEJSC W HOTELU OGRANICZONA !!!

Więcej informacji o noclegach: www.cieszyn.pl



ZAKAZ NAGRYWANIA W TRAKCIE SEMINARIUM !!!

Zgłoszenia w terminie do 15 maja 2013 na adres: shindocieszyn@interia.pl

O udziale decyduje zgłoszenie, liczba miejsc ograniczona!!!

Wszelkich informacji dotyczących Seminarium udziela organizator: Piotr Szymala, tel. +48 607 314 119, shindocieszyn@interia.pl www.shindo.pl

Chcesz być najlepszy? Ćwicz z najlepszymi!

SEMINAR SCHEDULE 25th MAY 2013

POLAND, CIESZYN Place: Sport hall MOSiR, 43-400 Cieszyn, Al. J. Łyska str. 21

7am-10am	Check in and registration.	
	Payments for the seminar will be made in MOSiR Sports Hall (in organiser's office opened on purpose), the address is: 21, Jana Łyska Avenue 21, Cieszyn	
9.00am 10.30am	3rd kyu - Dan	Christian Gruner Kumite
10.30am 12.00	9th kyu 4th kyu	Jonathan Mottram Kata and Aimee Sell
2.30pm 4.00pm	3rd kyu - Dan	Jonathan Mottram Kata and Aimee Sell
4.00pm 5.30pm	9th kyu 4th kyu	Christian Gruner Kumite
5.30pm 7.00pm	3rd kyu - Dan	Christian Gruner, Jonathan Mottram and Aimee Sell
9pm - ?	GRILL + DISCO	

26th MAY 2013

10.00am 11.30am	3rd kyu - Dan	Jonathan Mottram Kata and Aimee Sell
11.30am 1.00pm	9th - 4th kyu	Christian Gruner Kumite
1.00am 2.30pm	3rd kyu - Dan	Christian Gruner, Jonathan Mottram and Aimee Sell

The seminar fee is 110 pl

ACCOMODATION:

There is a possibility of making individual accommodation booking in the Sports Hotel which is situated near the Sports Hall (about two minutes walk) When booking do not forget to give the password which is: „**KARATE**”. More information:

www.mosir-hotel.pl, e-mail: recepcja@mosir-hotel.pl, tel./fax (+48) 033 8525348 / (+48) 033 8522044 / +48 502 586 777.

THE NUMBER OF ROOMS IN THE SPORTS HOTEL IS LIMITED!!!

For other accommodation please check: www.cieszyn.pl

IT IS FORBIDDEN TO FILM DURING THE SEMINAR!!!



The organiser will be happy to answer all your questions:

Piotr Szymala tel. +48 607 314 119 / www.shindo.pl / e-mail: shindocieszyn@interia.pl

If you want to be the best, you should train with the best!