



IKO Czech Kyokushin Winter Camp 2023

19.1.-22.1.2023

Ostrava

Under the guidance of: *Shihan Andrzej Manecki, sensei Shoki Arata, sensei Makoto Akaishi*

Place of training: T. J. Ostrava, Varenská 3098/40a, 702 00 Moravská Ostrava

Training schedule:	AM	PM
Thursday		5:00-8:00
Friday	8:00-11:00	3:00-5:00
Saturday	9:00-12:00	6:00-8:00
Sunday	9:00-12:00	

Price: 2500 Czk -the entire camp is paid in person during camp

Accommodation and food – not included in the camp price!!!

1, Official camp hotel - Hotel Club Trio <https://www.hotel-trio.cz/en-gb> price 750,-CZK per night without food, 10 minutes from DOJO by car directly on the famous Stodolní street.

For this type of accommodation, it is necessary to contact the main organizer of the camp, Jiří Škreko before 1 December 2022, as there is a limited number of places!!!!

2, accommodation in the sports dormitory directly in the hall, price CZK 371. **Only 26 places left, please contact camp organizer Jiří Škreko as soon as possible if you are interested!!!!**

Recommended accommodation in case of self-arrangement

Hotel VP1 <http://www.hotelvp1.cz/> (moderate price, in a heritage zone, approx. 10 minutes by car from the dojo) **Ideal tip for accommodation in an industrial heritage zone at an affordable price and close to the DOJO !!!**

dormitory of VŠB-TUO <https://www.vsb.cz/ubytovani/cs> (nice location, cheap accommodation, distance to Dojo approx. 30 minutes by car)

Recommendations, check hotel availability in advance.

Sayonara party: Saturday 21.1.2023
Place Stodolní street
Free entry - everyone orders and pays for food and drinks themselves

Manager: Jiří Škreko
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