



# MEN ONLY **TKD**MeetUp Experience The DO



## Spirit

Mindfulness Meditations  
& Yoga Sessions.



## Mind

Workshops on Motiva-  
tion, Visualization, Awa-  
reness & Ego Manage-  
ment.



## Body

Taekwon-Do trainings  
aimed to fit all levels of  
physical fitness.

## JOIN THE EXPERIENCE

- Unique, Asian style venue in the middle of woods - The European Budo Centre: Dojo Stara Wies, Poland
- Dojang | Sauna | Japanese Architecture - Dive into Asian culture



## Invitation



*Dear Friends,*

*Last year, for the first time, I visited the **Dojo Stara Wieś** - a place created for something more than just training on the mat - a place where you can delve deeper into the DO aspect of our martial art.*

*Today, I have the honor of inviting you to the first:*

**TKDMeetUp - Experience the DO**

*- workshops for men that will combine work on the body, mind, and spirit, the aspects emphasized by the founder of Taekwon-Do, General Choi Hong Hi.*

*Under the patronage of the **Polish Taekwon-Do Association**, we are organizing an event where distinguished guests from the world of our martial arts will share effective ways of working on oneself, which is the first step towards exerting a positive influence on the people around us.*

*If you want and have the opportunity to take a break **on 9th - 11th of June** this year, learn more about how the mind works, how to better manage it, spend time with like-minded friends from around the world in a unique place - I invite you to join and share this information.*

*Thank you and see you there!*

*Lukasz Grygiel*

## Partners





## Speakers



### Master Philip Lear

Vice President of ITF England, ITF Board Member,  
Mindset Coach & Hypnotherapist

**Master Philip Lear** (aka JP Lear) is a qualified **Solution Focus Therapy Hypnotherapist**, he studied at Within Sight at Brighton University as well as the world renowned Jacquin Hypnosis Academy and is a member of the General Hypnotherapy Standards Council and Register (GHSC & GHR), the Hypnotherapy Association, The

Jacquin Hypnosis Association and is CNHC Registered. As well as Hypnotherapy he is also a **Mindset Coach** and teaches **Meditation**, he also gives motivational talks in London to financial companies. He runs seminars, workshops & teacher training in Mindset and Instructor Courses about teaching meditation to children.

He has studied the Martial Arts for **over 30 years** and is a Master in Taekwon-Do. Philip is also a level 3 Personal Trainer and Kettlebell instructor and runs his own facility in East Sussex. Philip is married with two young children all living in Crowborough, East Sussex.



### Sabum Roy Rolstad

Taekwon-do Instructor, Co-creator of ITF Radix  
System

**Sabum Roy Rolstad** (VI DAN Taekwon-Do, V Dan Hapkido) from Norway is a Taekwon-Do instructor in NTN (**National Taekwon-Do Norway**) - an organization that is often indicated as an example to follow (in Norway Taekwon-Do ITF is the first martial art in terms of

the number of trainees).

He is a co-creator of the **ITF Radix Project**, which gives a new look at patterns (the use of patterns movements for realistic fighting). He will lead the workshop „*Chon-Ji, a complete fighting system*” and share his methods to teach the values of the DO among the youngest adepts.

He has been a teacher for **law enforcement for 25 years**.



## Sabum Lukasz Grygiel

Creator of Black Belt Project & President of Extremis Foundation

**Sabum Lukasz Grygiel** - for years have been collaborating with Masters and outstanding athletes from all over the world to deliver value to Taekwon-Do students in the form of books, applications, programs, and coaching platform in the **Black Belt Project**.

As the president of the **Extremis Foundation**, have also been developing workshops on mindfulness and ego management for men. His work on personal development includes psychotherapy (group & individual), transpersonal coaching, meditation & yoga. These tools

## Schedule

Trainings, workshops, meditations and discussions. All in the supportive and understanding atmosphere. The perfect schedule to let you enjoy the place and have some time for yourself. We are committed to making participation in the event a great experience for everyone, regardless of level of experience. The following schedule may change a little, as we are still working to make it the best possible. Click below to see the details.

Full Schedule

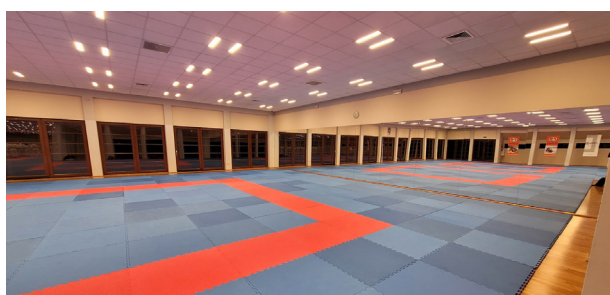
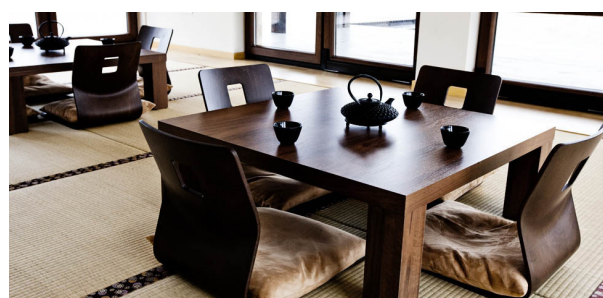
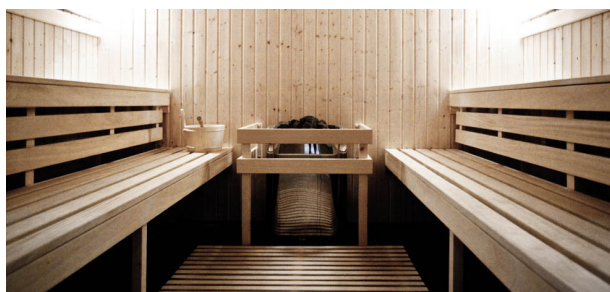
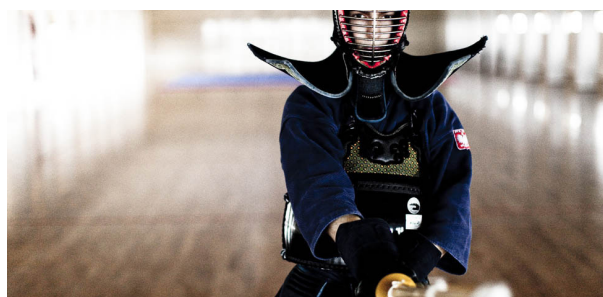
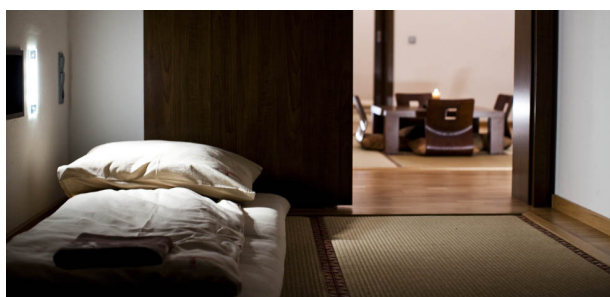




## Venue

### Dojo Stara Wieś

The European Budo Centre – Dojo Stara Wieś was designed and built in accordance with the principles of Japanese architecture amid the Polish landscape and is unique on a world scale. It is the world's largest performance training centre for Far Eastern martial arts and sports. It offers comprehensive training opportunities and a chance to experience the spirit, atmosphere and philosophy of Japanese martial arts also to non-professionals and individual guests. Moreover, 'Dojo – Stara Wieś' is an excellent place for conferences or team-building events. Sushi, Ikebana or Japanese tea ceremony aimed at familiarising attendees with Japanese culture will be an interesting add to your stay at our Centre.





## Location & Transportation

### Address:

European Budo Center Foundation  
Dojo Stara Wieś  
Stara Wieś 1  
97-570 Przedbórz

GPS: N50 59'56", E19 59'25"

<https://goo.gl/maps/WGeXucEgJbZyZseNg>



## How To Get There

The nearest airports are **Katowice**, **Warsaw** and **Krakow**. From there, you can get directly to the **Wloszczowa Polnoc** station by train.

Dojo Stara Wieś can only be reached by TAXI from Wloszczowa or Wloszczowa Polnoc Station. Around 25 minutes drive.

Number for the taxi: +48 603 629 352

**Don't hesitate to contact us for assistance: +48 796 810 803**

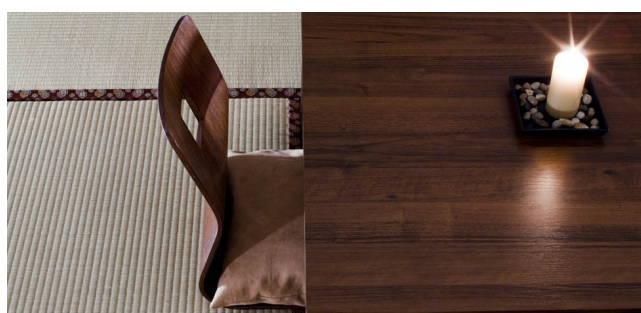
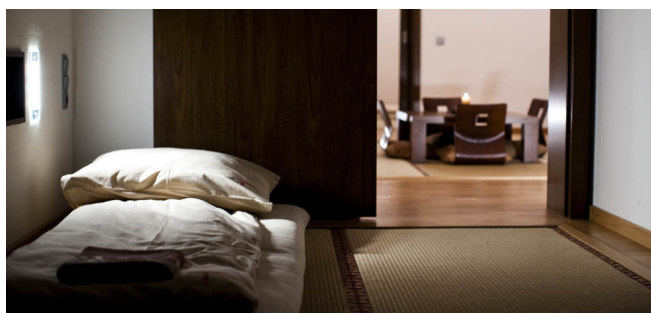
## Accommodation

### Japanese houses

The Centre offers 16 high standard cottages.

According to the customs of Japanese culture, they ensure comfort, silence, absolute privacy and the proximity of nature for guests. Each of 13 standard buildings can host 7-8 persons, with the living room with terrace, kitchen and bathrooms.

Houses are equipped with specialized futons for sleeping, internet access, fireplace, refrigerator.





## Packages

Please keep in mind that each package includes accommodation, food, trainings, workshops, etc. Once you arrive at the venue - we got You! **All included.**

Package	Price	Availability	Call to Action
EARLY BIRD	€229	Available only till end of March	Don't wait, register Now & Save!
REGULAR PRICE	€249	Starting From April	Don't wait, register Now To Save Your Spot!
GROUP OFFER	€199	Per person. Min. 4	Take your friends and Save!

## More Information



### Organizer:

Extremis Foundation  
ul. Czestochowska 221  
42-233 Czarny Las  
NIP: 573 286 59 95

### Contact:

[info@tkd-blackbelt.com](mailto:info@tkd-blackbelt.com)  
+48 796 810 803  
[www.tkdmeetup.eu](http://www.tkdmeetup.eu)

### Follow Us:

 [Facebook Page](#)  
 [Instagram](#)