

2nd Polish-German Seminar for Safety and Self-Defense

Puławy, 26 – 27 February 2022

dash.me

UNDER THE HONORARY PATRONAGE OF THE PRESIDENT OF PUŁAWY



Thorsten Ritz
9. Dan Ninjutsu
former German special forces soldier,
certified international security expert

Karsten Vollmann
9. Dan Jiu-Jitsu
criminal police trainer and long-time
head of the investigation officer

We are very happy to invite you to take part in the 2nd Polish-German Seminar in Safety and Self-Defence, organised under the honorary patronage of the President of Puławy and with support of the Municipality of Puławy. The event will be held in Puławy, Poland on 26-27 February 2022.

The main topics of the seminar will be theoretical and practical issues of personal and family safety in various situations, there will also be a training in the use of basic and advanced self-defence techniques. The programme of the two-day seminar will include a lecture on protection and safety together with practical exercises and 4 hours of practical classes on tatami.

If you think you have seen everything, come and be surprised! ;)

Participation fee:

25,- € / full course (Saturday & Sunday)

15,- € / one day (Saturday or Sunday)

Accommodation offers:

see contact on the right

Contact & registration:

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