



Mezinárodní Svaz Mládeže  
The International Union of Youth

# SUMMER SCHOOL

OF MARTIAL ARTS + ENGLISH IN PRAGUE

## BE STRONGER WITH MSM

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# THE MOST IMPORTANT THING FOR US IS TO DEVELOP A CULTURE OF EDUCATION AND SPORT.

We are helping young students, motivating them for new solutions and positive changes with our example and support.

Summer school of martial arts is an opportunity to step out of your comfort zone, to gain new knowledge and experience, to achieve great results.

The program was created for studying various types of martial arts, improving physical fitness and learning English.

In just one month, we will teach you the basics of combat styles, stretching, basic strength training for all muscle groups, determination and result orientation.

We work with Xplore Fitness. It is one of the largest fitness centers in Prague, it has separate sports areas divided into three floors: cardio, gym, group training room and martial arts zone.

All sports equipment meets the latest trends in fitness, the simulators have been chosen by experts.







## THIS PROGRAM IS GOOD ALMOST FOR EVERY AGE AND IS SUITABLE FOR EVERY GENDER.

This program is good almost for every age and is suitable for every gender.

Our trainers are the European and World Champions and especially for our students they have created various types of trainings.

Right at the start all participants of the course will be divided into groups considering their physical strength and experience.

## STUDENTS WILL STUDY:

Boxing - the art of attack and defense with the fists, MMA - mixed martial arts, Thai Boxing - traditional Thai martial art in which the fists, elbows, knees, and bare feet may be used to deliver blows, Kickboxing - boxing in which boxers are permitted to kick with bare feet as in karate and K-1 (mix of Thai, classic boxing and karate).

All program participants will also have the opportunity to take advantage of the unlimited services of the fitness center for a whole month and they will get the **Nike and Joma** brand sports uniforms (shorts, t-shirt and bag) from our company.

At the end of the program a student will get a certificate of successful completion of the English course.



# MARTIAL ARTS, ENGLISH AND, OF COURSE, CULTURAL ACTIVITIES!

Summer is the best time for traveling to new cities, wandering around cozy European streets with new friends. Summer is a time of unforgettable impressions!

Besides the intensive English classes and trainings, we have prepared exciting cultural program full of travelling and entertainments. Students will see the most attractive areas of Prague, they will visit other towns and cities such as Carlsbad, Cesky Krumlov, Dresden, Vienna, Munich, and Berlin, they will visit Prague Zoo, take a boat trip on the Vltava river... and all these takes place within one month!

## SUMMER SCHOOL OF MARTIAL ARTS INCLUDES:

- martial arts training sessions and English classes;
- accommodation in Prague;
- half board meals;
- interesting cultural program;
- Czech SIM-card;
- one-month transport pass (for all types of public transport);
- transfer from / to airport (at any time of the day and at any place of arrival);
- sportswear: shorts, a T-shirt, a sports bag;
- certificate of successful completion of the English course.

Our summer course is an amazing opportunity which will develop your personality and help you to obtain an unforgettable experience for the rest of your life!

