



# INTERNATIONAL SO-KYOKUSHIN SEMINAR

## Ōsumi Shuta Senpai & Suzuki Tōga Senpai

5-7 JUNE 2026, Szczecin, Poland



On behalf of IKO World So-Kyokushin Polska and Szczecin Husaria Dojo, I have the great honor to invite Shihan and Sensei with your students to a unique seminar in which the main instructor will be **Uchideshi of Monma Tomoyuki Shihan: Ōsumi Shuta Senpai & Suzuki Tōga Senpai (JAPAN)**, the medalists of **IKO World So-Kyokushin World Championships**, which will take place **on June 05-07, 2026 in Szczecin, Poland**. Accommodation (double rooms), full board and training will take place at \*\*\* Hotel Vulcan (<http://hotel-vulcan.pl>, Franciszka Ksawerego Druckiego-Lubeckiego 6A, 71-643 Szczecin).

### SEMINAR PROGRAM

#### **FRIDAY (June 05, 2026):**

- 15.00 - 18.00 - Arrival and accommodation of participants
- 18.00 - 19.00 - Dinner - Restaurant
- 20.00 - 21.30 – 1st Keiko
- 22.00 - 23.00 – Branch Chiefs Meeting
- 22.00 - ..... - Free meeting in the restaurant





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### **SATURDAY (June 06, 2026):**

08.00 - 09.30 - Breakfast - Restaurant

10.00 - 12.00 - 2nd Keiko

12.15 – 14.15 - Lunch - Restaurant

14.30 - 16.00 – 3rd Keiko

16.00 - 17.00 - Q&A session

17.00 - 18.30 – 4th Keiko

20.00 - 21.00 - Dinner (for minor participants of the seminar) - Conference Room

21.30 - ..... - Sayonara (for adult participants of the seminar) - Restaurant

Dress code: business

### **SUNDAY (June 07, 2026):**

08.00 - 09.30 - Breakfast

09.00 - 12.00 – DAN TEST (examination board + exam participants)

12.00 - 14.00 – 5th Keiko

15.00 -16.00 - Lunch and check-out

### **SEMINAR FEE:**

Seminar fee is **350 euros** per person and include

- participation in all training sessions
- accommodation at Hotel Vulcan \*\*\* <http://hotel-vulcan.pl>
- full board based on the hotel restaurant
- Sayonara for adult participants
- souvenirs

100 euros – an advanced payment - **until 10th of March 2026 - via bank transfer**

250 euros - the rest of seminar fee – **until 10<sup>th</sup> of May 2026 – via bank transfer**

In addition, until 10th of March, on the e-mail address: [biuro@sokyokushin.pl](mailto:biuro@sokyokushin.pl) , please send the list of participants, which include:

1. Name and Surname
2. Rank kyu/dan
3. T-shirt size
4. Age
5. Nationality
6. How many VEGE persons are in your team and the name of them.

### **Bank Transfer Details:**

Receiver: Szczecinski Klub Sportowy HUSARIA

Country: Poland

BIC: BPKOPLPW

IBAN: PL52 1020 4795 0000 9002 0172 0051





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Transfer title: *"name and surname of participant, Seminar2026"*

In case of any questions please feel free to contact us:

Phone: +48888560717

email: [biuro@sokyokushin.pl](mailto:biuro@sokyokushin.pl)

**Best Regards**

**Radek Ambroziak Shihan**

**IKO World So-Kyokushin**

**Country Representative of Poland**

