



4. Punok International sparring camp

only for cadet, junior, U 21 and senior categories

The goal of the camp will be the preparation of kumite competitors for the Senior World Championships 2025 in Cairo and EKF cadet, junior and U21 European Championship 2026 in Cyprus. Held in beautiful nature, with the participation of invited representatives of the Slovak Republic, Hungary, the Czech Republic, Bosnia and Herzegovina, Croatia, Monte Negro, Bulgaria and Poland.

- July 27 - August 2, 2025
- Jozef Poliak 6th dan, Head coach of



Slovak national team

- Sport resort Slovenka, Moštenica-Kyslá, Slovakia www.sportresortslovenka.sk

Sport Resort Slovenka is located in the beautiful environment of the Low Tatras, only 22 km from Banská Bystrica (direction Brezno). Protected Moštenice travertines with waterfalls ensure the humid microclimate of this area, which is especially recommended for asthmatics. There are several iron mineral springs in its vicinity. The



Dominika Tatárová, Senior bronze medalist WKF



beautiful nature provides opportunities for mountain tourism right on the main ridge of the Low Tatras.

It is mainly focused on recreation, teambuilding, conferences, workshops and meets all the conditions for organizing sports clubs of all types, dance ensembles, children's and school camps, corporate training, celebrations, weddings, outdoor schools.

Gym/training room with video projection and complete sound system 200 m2 tatami

sports hall 400 m2 tatami, fitness, workout track, playground with artificial grass, climbing wall, ropeway, playground, covered fireplace with the possibility of outdoor video projection, sauna with whirlpool, the restaurant with a covered terrace and grill is open all year round.



- **Price: 310 euros including food, accommodation and training, coaches free**

- **the maximum number of participants from one country is**

15 and maximum at all 110

You must confirm your application for the camp by www.sutazekarate.sk by July 1, 2025. For more information, do not hesitate to contact me. We are looking forward to your participation!

Contact : Mgr. Ján Kalčok +421 910 947 484
jan.kalcok@gmail.com

