



18. 9. – 22. 9. SPORTS HALL PODČETRTEK

**BL94**

**JU-JITSU CAMP**  
**2024**





## BL94 - 2. JU-JITSU CAMP 2024

### Hello everyone!

Our training camp BL94 2024 offers a unique environment for young and adults to hone their skills, foster camaraderie, and unlock their full potential in Ju-Jitsu and beyond of martial arts. Participants will engage in a variety of activities designed to challenge and inspire, promoting both individual and collective growth.

We believe that the experiences gained during this pivotal age contribute significantly to personal development. By participating in our Ju-Jitsu BL94 training camp 2024, individuals aged 18 and over can expect to form lasting connections, acquire valuable skills in Ju-Jitsu, and leave with a heightened sense of self-confidence.



**Organizer:** Benny Lah – BL94 Ju-Jitsu Fighting system

**Date:** 18.9. – 22.9.2024

**Venue:** Sport Hall Podčetrtek, Zdraviliška cesta 23, 3254 Podčetrtek

**Age:** 18 years and over (U21 and +21 - conditionally after agreement with the organizer, competitors who are competing the last year in U18 may participate in the camp).

**Accommodation:** Terme Olimia - <https://www.terme-olimia.com/en>

**Coaches at the Camp BL94 2024:**

**Roman Apolonov** (multiple world and european champion)

**Benny Lah** (multiple european and world champion)

**Price:**

4 days: **370 Eur/person** (included accomodation, full board and training fees)

3 days: **280 Eur/person** (included accomodation, full board and training fees)

2 days: **220 Eur/person** (included accomodation, full board and training fees)

One day: **100 Eur/person** (included lunch and training fees, without accomodation)

One training: **30 eur**

Each day, during your stay, you can use Spa center Termalia Relax, one time per camp you can use sauna (for persons who are staying at least 2 days). In case of any free spots after 1. August 2024, the price to participate at the BL94 camp will increase.





## **Registration:**

### **Complete Registration Form:**

- Download the registration form from our official email attachment.
- Fill out all required fields, ensuring accuracy in your personal information.

### **Sign the Consent Form:**

- Download the consent form from the same email attachment.
- Review and sign the consent form, acknowledging your understanding of the camp's rules and regulations.

### **Submit Documents:**

- Scan or take clear photos of your signed registration and consent forms.
- Attach the documents to an email.

### **Send Registration Email:**

- Compose an email to **info@terme-olimia.com** with the subject:  
"BL94 Training Ju-Jitsu Camp 2024 Registration."
- Attach the scanned/photographed registration and consent forms.
- Include your full name and contact information in the email body.

### **Conformation Email:**

- After sending all the documents you will receive the payment informations and conformation email about your/your team safe spot on the camp.

### **Transport:**

- The organizers do not provide the transportation. It can be arrange for additional fee. If participants need transportation please send travel form with all your travel details to the organizers not later than **30.07.2024** to the e-mail **bl94camp@gmail.com**. Closest Airports are Ljubljana (Slovenia), Zagreb (Croatia), Graz (Austria).

**Program:** Trainings are planed in following schedule:

### **Wednesday:**

17:00-19:00 Ju-Jitsu training

### **Thursday:**

7.00-8.00h good morning training

10:00-12:00 Ju-Jitsu training + Randori

17:00-19:00 Ju-Jitsu Randori

### **Friday:**

7.00-8.00h good morning training

10:00-12:00 Ju-Jitsu training + Randori

17:00-19:00 Ju-Jitsu Randori

### **Saturday:**

7.00-8.00h good morning training

10:00-12:00 Ju-Jitsu training + Randori

17:00-19:00 Ju-Jitsu Randori

### **Sunday:**

9:00-10:30 Ju-Jitsu training



## **Payment Rules and Refund Policy:**

We understand that attending a training camp is an investment in personal and professional development. To ensure transparency and a smooth experience, we have established clear payment rules and a comprehensive refund policy.

### **Payment Rules:**

- **Registration Fee:** A non-refundable registration fee is required to secure a spot in the training camp. 30% of the costs needs to be payed until 1.6.2024. This fee covers administrative costs and ensures the commitment of participants.

**Training Camp Fees:** This fees cover the cost of training materials, facilities, and expert instructors. 70% of the costs need to be payed until 1.8.2024.

### **Refund Policy:**

- **Cancellation before Start Date:** If a participant needs to withdraw before date 1.8.2024, a refund may be issued, excluding the non-refundable registration fee.
- **Camp Completion Guarantee:** We are committed to providing a high-quality training experience. If, for any reason, the training camp is canceled by the organizers, participants will receive a full refund of all fees paid.

Participants are encouraged to review the payment rules and refund policy thoroughly before enrolling in the training camp. We are dedicated to fostering a positive and enriching experience for all participants, and these guidelines are designed to ensure fairness and flexibility.

### **Contact details:**

Benny Lah (Whatsapp, Viber +38641597014, bl94camp@gmail.com)



# ROMAN APOLONOV

**BL94**  
JU-JITSUCAMP  
2024

## JU-JITSU ATHLETE & COACH

Five times Ju-Jitsu Fighting World Champion  
Four times Ju-Jitsu Fighting European Champion  
Black Belt Skills in Judo, Sambo & Ju-Jitsu  
International Ju-Jitsu & MMA Coach

JU-JITSU NATIONAL TEAM ATHLETE  
2009-2018 GERMAN JU-JITSU FEDERATION

JU-JITSU HEAD COACH IN JJKSV RA

2010-2023 COACH JJKSV CLUB RASTATT  
(FIGHTERS U14,U18,U21 & SENIORS)

INTERNATIONAL SEMINARS JJ & MMA

2014-2023 WORLDWIDE SEMINARS  
TEACHING TACTICS AND TECHNIQUE

## ACHIEVEMENTS

### WORLD CHAMPION

2011 Ghent / Belgium  
2014 Paris / France  
2015 Bangkok / Thailand  
2016 Wroclaw / Poland  
2017 Bogota / Colombia

### EUROPEAN CHAMPION

2010 VIENNA / AUSTRIA  
2012 GENOVA / ITALY  
2016 GHENT/ BELGIUM  
2017 BANJA LUKA / BOSNIA





**Anna Fuhrmann** Austria -48kg  
World and European champion:

The training camp was nice, filled with cool people, top trainers and the atmosphere was amazing.



**Ivan Della Croce** Serbia -69kg  
European champion and Vice World games champion in 2023:

Benny organized a Camp for all the athletes, who would compete at senior World Championship in Mongolia, as the last check point before the big stage. Training camp was held in beautiful small town called Celje, in Slovenia. For me this was a perfect opportunity to see where I stand with my physical readiness and my technical knowledge. We had three trainings per a day and every one of them pushed me to my limits, either physically or mentally. It was an international camp with many experienced athletes from all over the Europe who gave their all on tatami, but also outside of it for the great time we had together! I hope to see as many competitors as possible at the next training camp that Benny will organize because that is the right way of becoming a CHAMPION!



**Antonella Farne** Italy -52kg-  
Vice World champion:

The first edition of BL94 Camp has been a blast. We had the opportunity to train hard but having fun, and work with a lot of friends and champions. We had several sessions to work on different topics, like reactivity, athletic preparation, and technique. It has been two days of sweat and fun, where we also had the opportunity to work with a Judo Olympic team and coach from Finland, friend of the teacher Benny Lah. In conclusion it has been a super positive experience, and I really can't wait for the 2nd edition.



**Loti Čufer** Slovenia -57kg  
Junior European champion

I had an amazing time at the BL94 Ju-Jitsu fighting system camp! Not only did I improved my technical knowledge, but I also had a unique opportunity to exchange experiences with some of the world's best fighters. The gym's atmosphere was fantastic, encouraging unity and motivation, which reflected in strong sparring sessions. I'm very grateful for being part of it and can't wait for future BL94 fighting camps!



Now, having concluded his remarkable career in 2018, Benny Lah has embarked on a new journey, one that revolves around giving back to the sport that has given him so much.

Benny Lah, a renowned Ju-Jitsu fighter and instructor, has made significant contributions to the world of Ju-Jitsu through his numerous seminars across Europe. Working closely with the esteemed Ju-Jitsu teams of Austria and Greece, he has shared his expertise and advanced techniques with eager students. His seminars in Austria, Greece, Italy, Sweden, Slovenia, and Serbia have attracted a diverse range of martial arts enthusiasts, eager to learn from his vast knowledge and experience. With an emphasis on effective techniques, tactics and practical applications, Benny Lah's seminars have gained widespread recognition and appreciation.

Last year Benny organised the first BL94 Ju-Jitsu camp. It was an incredible experience filled with intensive training, camaraderie, and personal growth. The camp was a huge success, and it left participants eagerly anticipating what Benny has in store for this year's camp. With his reputation and dedication, this year we can expect something truly exceptional and unforgettable.

# BENNY LAH

BL94  
JU-JITSUCAMP  
2024

## JU-JITSU/JUDO COACH

Four times Ju-Jitsu Fighting European champion  
Ju-Jitsu Fighting World Champion  
Judo 1. Dan, Ju-Jitsu 2. Dan, BJJ blue belt  
International Judo and Ju-Jitsu Coach

JU-JITSU SENIOR NATIONAL TEAM ATHLETE  
2006-2018 JU-JITSU TEAM SLOVENIA

JUDO JUNIOR TEAM ATHLETE 2000-2005 JUDO  
TEAM SLOVENIA

JUDO COACH 2014-2018 IN GERMANY FOR TSG  
BACKNANG

SINCE 2014 WORLDWIDE SEMINARS IN  
JUDO AND JU-JITSU

## ACHIEVEMENTS

### WORLD CHAMPIONSHIP

- 1. place 2016 / Poland
- 2. place 2012 / Austria
- 3. place 2010 / Russia
- 3. place 2014 / France
- 3. place 2018 / Sweden

### EUROPEAN CHAMPIONSHIP

- 1. place 2011 / Slovenia
- 1. place 2014 / Romania
- 1. place 2015 / Nederland
- 1. place 2018 / Poland











Terme Olimia

[www.terme-olimia.com](http://www.terme-olimia.com)





## **Disclaimer of Liability for Ju-Jitsu Training Camp BL94 Participants :**

Dear BL94 Training Ju-Jitsu Camp Participants,

We are thrilled to have you join us for the upcoming training camp, an event designed to challenge and enhance your Ju-Jitsu skills. Before embarking on this exciting journey, we want to ensure that all participants are aware of and acknowledge certain important aspects regarding their participation.

### **Assumption of Risk:**

Participation in the BL94 Training Ju-Jitsu Camp involves physical activities that carry inherent risks. These activities may include, but are not limited to, martial arts training, sparring sessions, and other physically demanding exercises. Participants acknowledge that they are engaging in these activities at their own risk.

### **No Assumption of Responsibility:**

The organizers of the BL94 Training Ju-Jitsu Camp, including any affiliated trainers or staff, do not assume any responsibility for injuries, accidents, or medical conditions that may occur during the camp. Participants understand that they are solely responsible for their well-being and health throughout the duration of the event.

### **Participant Responsibility:**

By choosing to participate in the training camp, each participant affirms that they are in good health and physical condition to engage in the activities involved. It is the responsibility of each participant to disclose any pre-existing medical conditions, injuries, or other factors that may affect their ability to participate safely.

### **Safety Precautions:**

While the organizers strive to create a safe and controlled environment, participants are expected to follow all safety guidelines, instructions, and rules provided by the camp organizers and instructors. Failure to adhere to these guidelines may increase the risk of injury.




### **Emergency Medical Attention:**

In the event of an emergency or injury, the camp organizers will make reasonable efforts to provide timely medical attention. However, participants acknowledge that ultimate responsibility for seeking medical assistance rests with them.

By participating in the BL94 Training Ju-Jitsu Camp, each participant explicitly acknowledges and accepts the inherent risks associated with the activities involved. This disclaimer of liability is a fundamental component of the registration process, and participants are encouraged to seek clarification or additional information if needed.

**We appreciate your understanding and commitment to a safe and enjoyable training experience.**



 Benny Lah  
 Benny\_lah  
 bennylahbl94

