

Schedule

Workshop „Joachim Meyer Crossover“

15-16 Nov 2014, Bad Vöslau

with Roman Vucajnk

Saturday

9.30 : The gym opens

10.00 : Registration, Warmup

10.30 : How to get into distance

Module 1a: (for beginners)

Stances and cuts for dagger, dussack, longsword and staff

Module 1b: (advanced practitioners)

First and Second Intention for dagger, dussack, longsword and staff

13.00 : Lunch break

14.30 : Talking about the “Joachim Meyer System” with Roman Vucajnk

15.00 : Opening possibilities for yourself, while closing them for your opponent

Module 2a: (for beginners)

Attacking the upper targets for dagger, dussack, longsword and staff

Module 2b: (advanced practitioners)

Changing directions and manipulating the opponent for dagger, dussack, longsword and staff

17.30 : Sparring

18.00 : Closing the gym

20.00 : Dinner for all participants

Sunday:

8.30 : The gym opens

9.00 : Warmup

9.30 : „Fechtschule“ – friendly free fights according to old Fechtschule rules. Fighters fight as many times as they wish and against opponents they choose. They will rotate between dagger, dussack, longsword and staff.

12.30 : Lunch break

14.00 : Module 3a: (for beginners) and Module 3b (for advanced practitioners)

Revision and focus on certain technical and tactical aspects for dagger, dussack, longsword and staff

16.30 : Sparring

17.00 : Closure