

Friday		Hall / Area A		Hall B / Area B	Hall C
08:30-09:00		Aufbau			
9:00		Hall Opens			
9:25		Welcome Speech			
09:35-10:00		<u>Warm-Up</u> with Anna Wiederänders Equipment: Resistance bands			Sparring
10:10-11:40		<u>Prevention of Injuries</u> <i>with Anna Wiederänders</i>  Equipment: Resistance bands	<u>Fabris intensiv</u> <i>with Julian Schrattenecker</i>  Equipment: Rapier, Jackets, Masks, Gloves		
10:50-13:20		<u>Capo Ferro</u> <i>with Viviano Crimella</i>  Equipment: Rapier, Jackets, Masks, Gloves	<u>Mind the steps: A Footwork Workshop</u> <i>with Lorenzo Braschi</i>  Equipment: Rapier, Sidesword, Jackets, Masks, Gloves		
13:20-14:10		Lunch			
14:20-15:20		Sparring			<u>Discussion</u>  <i>with Julian Schrattenecker</i> what can historica swords teach us?
15:30-17:00					<u>Precepts of Meyer's Rapier</u> <i>with Roman Vucajnk</i>  Equipment: Rapier, Sidesword, Jackets, Masks, Gloves
17:30		Abandon ship! Hall closes!			

Saturday		Hall / Area A	Hall B / Area B	Hall C
08:30-09:00	Hall Opens			
09:00-09:25	<u>Warm-Up</u>  with Anna Wiederänders  Equipment: Resistance bands			Sparring
09:30-11:00	<u>Prevention of Injuries</u>  with Anna Wiederänders  Equipment: Resistance bands	<u>Capo Ferro's Plates, Part 1</u>  with Karl Rapp  Equipment: Rapier, Jackets, Masks, Gloves - Beginner & Advanced		
11:15-12:45	<u>Rapier á la Girard Thibault</u>  with David Rawlings  Equipment: Rapier, Jackets, Masks, Gloves	<u>Capo Ferro's Plates, Part 2</u>  with Karl Rapp  Equipment: Rapier, Jackets, Masks, Gloves - Advanced		
12:45	<u>Smile! Group picture &amp; trainer appreciation!</u>			
12:50-13:55	Lunch			
14:00-15:00	Sparring			<u>Why Fabris has what the HEMA Community needs</u> - Discussion  with Cornelius Berthold
15:10-16:40	<u>One Lunge, three Tempi</u>  with Cornelius Berthold  <u>Equipment: Rapier, Jackets, Masks, Gloves</u>	<u>Turns of the Sword, Hand &amp; Body in Bolognese Sidesword</u>  Florian Fortner & Stefan Feichtinger  Equipment: Sidesword, Jackets, Masks, Gloves, further protective gear - Advanced		Sparring
17:30	Begone! Or be locked up! (for the night)			

Sunday	Hall / Area A	Hall B / Area B	Hall C
08:30-09:00	Hall Opens		
09:00-09:25	<u>Warm-Up</u>  with Florian Fortner  Equipment: Resistance bands		Sparring
09:30-11:00	<u>Stringere: How to secure the Opponents weapon so that your attack is not a gamble</u> with Cornelius Berthold Equipment: Rapier, Jackets	<u>Precepts of Meyer's Rapier</u> with Roman Vucajnk Equipment: Rapier, Sidesword, Jackets, Masks, Gloves	
11:15-12:45	<u>From Military Manuals to the Fencing Salle: The Concept of Defence in Depth in Sparring</u> with Lorenzo Braschi Equipment: any weapon	<u>Smallsword á la Cavendish</u> with David Rawlings Equipment: Smallsword, Jackets, Masks, Gloves	
12:50-13:40	Lunch		
13:45-14:45	Sparring		<u>(Fairy)tales</u> with Roman Vucajnk
15:00-16:30	<u>Tournament</u>		Sparring
16:50-17:00	Farewell, we ought to say good-bye		
17:00	Start packing, we'll have to be gone soon!		
17:30	Begone! Or join the ranks of forgotten children in the hall, living off the bugs under the floorboards. See you next time!!!		