

<i>Friday</i>	Area A	Area B	Area C
08:00-09:00	Team		
09:00	Hall opens		
09:25	Welcome speech!		
09:35-10:00	Warm-Up "Let's sweat" <i>Anna Wiederänders</i> Equipment: resistance bands (loops or long)		Sparring
10:10-11:40	PART 1 Fight Conditioning and injury prevention. Crossing the bridge between old and new <i>Franco Davies and Anna Wiederänders</i> Equipment: any kind of sword, mask, gloves, resistance bands (loops or long) <i>all Levels</i>	PART 1 Doppelmoppel Capoferro <i>Karl Rapp</i> Equipment: Rapier, full Gear <i>all Levels</i>	
11:50-13:20	PART 2 Fight Conditioning and injury prevention. Crossing the bridge between old and new	PART 2 Doppelmoppel Capoferro	
13:20-14:10	Lunch		
14:20-15:20	Time for more Sparring		Lecture From Galen to di Grassi to today <i>Franco Davies</i>
15:30-17:00	<u>Only once!</u> Stringere - the art of engagement <i>Pavle Ilijasevic</i> Equipment: sidesword if possible (though other one handed weapons with a cutting edge can also work), full gear + forearm protection <i>Beginner</i>	<u>Only once!</u> Introduction to Fabris' Rapier & dagger <i>Julian Schrattenecker</i> Equipment: rapier, dagger, full gear <i>Intermediate and above</i>	Sparring
18:00	Abandon ship! Hall closes! Guide to the evening location		
<i>Full Gear: mask, jacket, gloves, throat-, chest- and groin protection (appropriate for the respective weapon)</i>			

<i>Saturday</i>	Area A	Area B	Area C
08:30	Hall opens		
09:00-09:30	Warm-Up "Maltese Style" <i>Andrei Xuareb</i> Equipment: rapier, mask		Sparring
09:35-11:05	PART 1 The Rapier and Buckler According to Federico Ghisliero (1587) and his contemporaries <i>Andrei Xuareb</i> Equipment: Rapier and Buckler (25cm - 30cm diameter), Mask, Gloves, chest protection for minimal contact <i>Intermediate and above</i>	PART 1 Kreusslersches Stoßfechten / German smallsword <i>Tobias Zimmermann</i> Equipment: smallsword or foil (no pistol grips, there will be some to borrow), mask + jacket	
11:20-12:50	PART 2 The Rapier and Buckler According to Federico Ghisliero (1587) and his contemporaries	PART 2 Kreusslersches Stoßfechten / German smallsword	
12:50	Smile! Group picture & trainer appreciation!		
13:00-14:00	Lunch		
14:00-15:00	Time for more Sparring		Lecture Once Upon A Time in Spain – The brief History and Principles of La Verdadera Destreza <i>Erich Pany</i>
15:10-16:40	Hold double! Distance and Pace <i>Özgen Senol</i> Equipment: No gear, no padding, no weapons. Just a sharp and healthy mind, courage, a keen eye, desire, and of course, underwear <i>All levels</i>	Only once! Capo Ferro's Scannatura: The Art of Blade Manipulation <i>Željko Glumac</i> Equipment: rapier, full gear + knee protectors <i>All levels</i>	Sparring
17:30	Begone! Or be locked up! (for the night) Guide to the evening location		
<i>Full Gear: mask, jacket, gloves, throat-, chest- and groin protection (appropriate for the respective weapon)</i>			

<i>Sunday</i>	Area A	Area B	Area C
08:30	Hall opens		
09:00-09:25	Warm-Up "Sprezzatura" <i>Florian Fortner</i> Equipment: Resistance bands		Sparring
09:30-11:00	<u>Only once!</u> Gioco Larga - the Wide Play <i>Pavle Ilijasevic</i> Equipment: sidesword if possible (though other one handed weapons with a cutting edge can also work) , full gear for sparing of light to medium intensity <i>Intermediate</i> <i>(Participants should be familiar with the terminology of Bolognese system of strikes and guards.)</i>	<u>Only once!</u> Vita-lity in Capo Ferro <i>Željko Glumac</i> Equipment: rapier, full gear + forearm protectors (optional) <i>all Levels</i>	
11:15-12:45	<u>Hold double!</u> Distance and Pace <i>Özgen Senol</i> Equipment: No gear, no padding, no weapons. Just a sharp and healthy mind, courage, a keen eye, desire, and of course, underwear <i>All levels</i>	<u>Only once!</u> Two Swords Are Better Than One - Bolognese Fighting with a Sword in each Hand <i>Florian Fortner & Stefan Feichtinger</i> Equipment: 2 Sideswords (or 1 sidesword and 1 rapier), Jackets, Masks, Gloves <i>Intermediate</i>	
12:45-13:45	Lunch		
13:45-14:45	Time for even more Sparring		<u>Maby something, maby not</u>
15:00 - 16:30	Quadrangolo di ferro! (Mixed weapons fun tournament)		Hall closed!
17:00	Come together! Farewell, we ough to say good-bye		
17:10	<i>Start packing, we'll have to be gone soon!</i>		
18:00	Begone! Or join the ranks of forgotten children in the hall, living off the bugs under the floorboards. See you next time!!!		
<i>Full Gear: mask, jacket, gloves, throat-, chest- and groin protection (appropriate for the respective weapon)</i>			