

## Workshops Ladies Weekend 2023

Susi Popp-Kohlweiss

### **Fechtstücke ästhetisch & rasant**

Wir lernen 1-2 komplexe Fechtstücke und achten dabei auf Haltung und Ausdruck. Auch ein eigenes Stück kann erarbeitet werden. Es wird immer wieder Musik geben.

Equipment: Langschwert

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Johanna Götter

### **Embodiment: Durch Körper-, Atem- und Stimm-Arbeit zu mir**

Dieser Workshop bietet dir einen Raum und Tools um mehr im Hier-und-Jetzt anzukommen, den Kopf ein Stück weit zu verlassen und mehr im Körper zu landen („Embodiment“). Angeleitete Sequenzen bzw. „Übungen“ mit Bewegung, Stimme und Atem (z.B. bewegte Meditation, Chakren-Arbeit, Regulierung des autonomen Nervensystems) wechseln sich ab mit Phasen in denen du eingeladen bist mit intuitiver Bewegung und freiem Tanz deinen authentischen Ausdruck zu erforschen, ins Spüren und in den Flow zu kommen.

Equipment: Matte und eine Decke/Jacke (zum Zudecken)

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Cornelia Edelmann

### **Welche Fechterin bin ich und wer steht mir gegenüber**

Kennenlernen von Fecht „Impulsen“. Wobei der Fokus beim Start des Gefechtes liegt. Aktives Ändern der „Impulse“ hin zur bewussten Entscheidung.

Equipment: Langschwert; mindestens Halsschutz, Maske, Handschuhe – mehr ist auch gern gesehen

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Susi Popp-Kohlweiss

### **Heat-Up and Cool-Down**

Surprise 😊

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Luisa Conrady

### **Krieg und Frieden - auf dem Weg in die Zwerchdistanz**

Wir schauen uns an, wie man aus dem Zufechten in die Kriegsdistanz kommt, und welche Fechtstücke dort relevant werden. In locker flockigen Lektionierdrills setzen wir uns mit dem Winden und seinen Eingängen auseinander, und schauen uns die Stücke im Detail an.

Equipment: Volle Ausrüstung, obenrum, Fechthose nicht unbedingt nötig

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Martina Huber

### **Destreza - Rapier**

Destreza hat den Ruf, dass in diesem System die Fechter:innen mit im rechten Winkel ausgestrecktem Arm im Kreis laufen und dabei mit spanischen Begriffen und Zahlen um sich schmeissen. Das ist zwar nicht ganz falsch, aber trotzdem weit von der Realität entfernt. In diesem Workshop möchte ich euch die Grundzüge des Systems näherbringen und darauf eingehen, warum ich es für ein sehr inklusives System halte, wo man als körperlich unterlegene Person kaum Nachteile hat.

Level: Anfänger

Equipment: Rapier, wer will leichte Handschuhe

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Eszter Nemeth

### **Über(Hürde)Laufen**

Wir werden in diesem waffenübergreifenden Workshop die möglichen Stolpersteine auf unseren Fechterinnenweg anschauen und durch Übungen uns und unserem Gegenüber Aufmerksamkeit schenken und einander helfen, die typische Bewegungsmuster studieren und korrigieren.

Equipment: am Ende ist slow-sparring geplant, also, Maske, Handschuhe + Brustschutz ist empfohlen, aber keine Pflicht.

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Cornelia Edelmann

### **(Meine) Zyklen im Fechten**

Während des Workshops werden wir eine Liftfahrt machen, gemeinsam und jeder für sich 😊  
gemeinsames Ankommen und Kennenlernen.

Es geht um Fragen wie:

\*Wie geht es dir jetzt?

\*Wo sind deine Gedanken, deine Aufmerksamkeit beim Training und im und während des Gefechtes?

\*Wie geht es dir mit deinem Zyklus beim Fechten und im Training? Welchen Einfluss hat er? Hat er einen Einfluss?

Equipment: Ideal Langschwert, oder was ihr habt; Sonstiges: Was zum Anziehen, damit ihr nicht auskühlt

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### **Special Focus:**

Karin Verelst

### **Working with the Female Body in HEMA**

In martial art, women do not fight on the same level as men, even after decades of 'emancipation' — and thus, the argument goes, the remaining difference has to be by necessity biological in origin. Or

isn't it? The starting point of this workshop will be the idea that talk about the (real or supposed) a priori biological differences between men and women (which in the end always come down to some kind of physical inferiority of the latter) hampers the development of female fighters in HEMA. Yes, it is true: women do face a number of both physical and mental obstacles when they enter HEMA or any other martial art. But to a large extent these are cultural in origin, although their physical impact may be very, very real. From birth on women are trained to behave in a very particular, constrained way. As a consequence, they lack self-confidence and learn to expect less. They do not know "how to take the space"; ideas and expectations with respect to behaviour shape things like body pose, knee position, shoulder strength, and the mental incapacity to strike back when stricken at to a surprisingly high degree. In general, they are, as young adults, not up to the level they could be — whatever their biological potential.

Given this state of affairs, the working principle should be that women dedicated to train seriously can do everything in HEMA on the same level as men — if they succeed in overcoming the physical backlash they suffered as the result of their education, independent of its "ideological" content. And the good news is that remedies exist, even if not miracles. It is the goal of this workshop to make HEMA practitioners and trainers aware of these problems women face and provide tools to tackle them in a hands on, practical manner, within the context of a normal training setting.

This is a hands-on workshop in which we learn to spot typical problems in posture, biomechanics and attitude, and learn to deal with them on a practical level in a standard training context. We also learn how to use warming-up exercises and functional training to help people to work with each other's body in a confident and respectful way, while dealing with the psychomechanics of their own fears and self-confidence. The bulk of the workshop focuses on ringen and other forms of unarmed combat, but we shall work on some examples from longsword as well, and show how they are interconnected. Development of a keen eye for your own or a students' specific problems, the ability to address them in a respectful way, and having an efficient toolkit at your disposal to handle them in the short and the long term, enhances confidence of both trainee and trainer, and helps transforming your fencing hall in a natural way into a 'safe space' even during intense practice, which again will encourage especially women to continue practice beyond the initial stage.

**Skill level of Participants:** This workshop is open to all and will be adapted to the level of both beginners and advanced HEMA students. Trainers and advanced fighters who use to coach will profit from it, because it will help ameliorate their training and coaching approaches. Semi and close contact will occur, but introducing bodily contact safely between people foreign to each other is part of the set-up of the exercises, so nobody should be afraid of participating 😊

**Equipment:** None, except for a few specific exercises a longsword and mask.

### **Karin Verelst – Short HEMA Bio**

Karin Verelst practices HEMA since fifteen years and martial arts since two decennia. She studied with the well-known Belgian trainer Alwin Goethals, co-founded the Brussels group Via Bruxellensis, and started her own fencing guild HSK De Vagant in Brussels in 2018. She is co-founder of and acted as founding president of the Belgian HEMA-Federation SBSN. At present she holds the IFHEMA presidency. Karin's main practice focus is on longsword, ringen and dagger (Liechtenauer and Fiore), although she broadened her interest to Destreza rapier and Messer over the past few years. Other favourites of hers are Jogo do Pau and Glima. She participates regularly in international competitions and other HEMA-related international events, and found her way into the international instructors' circuit, with workshops on unarmed combat, bastoncello, and training programs designed for women in martial arts contexts. Her further martial experience includes Olympic boxing, Tai Jutsu and Shaolin Kung Fu. She moreover acquired the basic professional qualification of the British Academy of Dramatic Combat (BADC) in 2016. She also followed several workshops with the well known fight choreographer

Tony Wolf. Finally, Karin is active as a researcher and scholar in HEMA-Studies. She published (together with Daniel Jaquet and Timothy Dawson) a scholarly reference work, *Late Medieval and Early Modern Fight Books — Tradition and Transmission of Martial Arts in Europe*, published by Brill, in 2016.