

## Open meeting of martial arts and combat sports

### Invitation to all martial artists, combat sports athletes and interested parties

#### What is it about?

- Getting to know new people with the same interests
- Practicing and training together
- Strengthening physical and mental health
- Passing on your own knowledge and learning new things
- Active participation in the development of a future training program

#### Training agenda:

- Welcome and getting to know each other
- Training together:
  - Warming up
  - Stretching
  - Circuit training and partner exercises focusing on martial arts/martial arts-specific characteristics such as speed, endurance, strength, balance, reaction, coordination, etc.
- Exchange and practice of martial arts / combat sports techniques according to suggestions and agreement with the participants. E.g.
  - Hard and soft fighting techniques
  - Self-defense
  - Creating artistic and aesthetic forms of movement.
- Philosophical part of the training
  - Approaching the term "fight" in a broader sense
  - Practicing of a concentration exercise

#### When?

- Dates: From 22 to 25 May by prior arrangement and confirmation.

Contact via e-mail: [andi.lange@mail.de](mailto:andi.lange@mail.de) (please leave your mobile phone number for callback)