

AMEK

HEMA | EVENTS | FILM



Welkom

Welcome at the AMEK, the leading authority in the lowlands for Historical European Martial Arts. Are you looking for a nice combination of entertainment and teambuilding then you have come to the right place!

How does it work?

You get provided a 'waster' or trainings weapon (wooden or nylon sword/dagger)

This will be your personal weapon for the duration of the workshop.

This weapon has the same weight and dimensions as originals used in the 15th century.

You will be executing and training techniques in the Johannes Liechtenauer tradition, the founder and grand master of German medieval swordsmanship, who lived in the 14th century.

What can you expect?

You will get acquainted with the medieval weapons and their applications. You will learn the fundamentals of 15th century martial arts, either swordsmanship, wrestling or dagger. Also a combination of multiple disciplines is possible. You will be going back in time to experience how it was to be trained by a medieval fight master, who will prepare you for war or a judicial trial! All techniques that you learn come directly from original medieval fighting manuals written between the 13th and 16th century. This is NOT Hollywood fighting, but the real deal. Serious sword training with a touch of humour and interesting facts about this intriguing period.

What will you learn?

You will learn the different positions with sword/dagger, strikes & stabs, foot work, parrying and disarming techniques and last, but not least one of the secret techniques from Liechtenauer himself!

You will be doing solo drills as well as partner drills and all of this is included in the 1.5 hour workshop!

If you prefer a longer workshop then this is possible. In a 2 hour workshop we cover more ground.

Swinging a real sword!?

We will bring some steel swords that are used in the modern HEMA tournaments and some fancy copies from originals stored in museums. You can hold these and even swing them around!

The instructors from Team AMEK!

The workshops are provided by the instructors of Team AMEK, these are Holland's finest HEMA instructors.

Trained and under supervision of Mishaël A. Lopes Cardozo, founder of the AMEK and an international HEMA legend. A fierce tournament fighter and winner of many gold medals, who trained some of the most successful fighters of today. He is also known for his roles in movies and TV series. He played in among others: Richard the Lionheart, Game of Thrones & VIKINGS.





- **Wrestling**
- **Dagger**
- **Sword**

Above: Mishaël teaching at swordfish in Sweden

Wrestling/Self-defense

This discipline was called in medieval time 'Ringen' in German or 'Abrazare' in Italian. The techniques we will cover in this workshop form also the basis for armed combat. These techniques are still applicable today and form an excellent basis for self-defense. This workshop is about having a great time, learning to protect yourself and at the same time working on balance, strength and coordination. So join the fun and get a feel what medieval fighting is all about.

Knife fighting

Knife or dagger fighting was very popular in medieval times. Knowing a thing or two about it can in these modern times in fact save your life! A great workshop to go in depth in to dagger work and see how the medieval warrior dealt with knife and dagger attacks. In this workshop you will learn how to defend yourself against all kinds of attacks. Even how to disarm your opponent and how to work with a dagger against dagger.

Swordfighting

Perhaps the coolest weapon of the medieval era, one that is celebrated in many movies and TV series. The medieval longsword, with an average length of about 125cm/49inches and a weight of 900grams/32ounces was the personal weapon of the medieval knight and soldier. You will be trained and drilled in art of combat like they used to do in medieval times.

In the end of the workshop you will be proficient with this weapons and have knowledge of both offensive as defensive techniques. The same techniques that were used on the medieval battlefield and in trials by combat. You will learn how the medieval warrior thought and his approach to life. Your sword master will share interesting facts about this intriguing era. This workshop has but one goal: ensuring a great time with your friends or colleagues and an unforgettable experience!

Prices

For prices and details please contact us.
See you on the battle field!

Best regards,

CEO AMEK

VINCIT QUI SE VINCIT
He conquers who conquers himself



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