

Glima is an old wrestling form with very simple rules. It is usually practiced between two willing and respectful opponents. It appears to be also very effective in real combat situations.

In his codified version, the aim is to be upright whilst the opponent is on the ground out of reach. To do best, strength, agility and endurance are developed.

We propose to invite LARS MAGNAR ENOKSEN, a Swedish pioneer of the revival of the historical Glima. This form of Glima can be retraced back to the beginning of the Viking era and was gradually replaced by the sportive Glima.

Some sagas already mentioned this historical Glima, which served as training for the fight.

Lars is not only the figurehead of the historical Glima, but also an author and scholar runologist, passionate and expert in Nordic and Viking culture.

He will share with us his knowledge and passion for the Glima as well as his wisdom about runes, galdrar and Viking mythology.

The Gardiens du Fleuve suggest a full training weekend the SATURDAY 24th and SUNDAY 25th of OCTOBER 2015 in Martigny (VS), Switzerland.

PROGRAM (as a rough guide):

Saturday:

- 9h30 begin of the training course
- 10h30 heat-up, exercises
- 12h lunch break (personal food)
- 13h30 resumption
- end of afternoon: weapon fight demonstrations
- about 18h conference given by Lars
- Viking dinner and feast (Viking clothes for those who got)

Sunday:

- 9h Viking breakfast
- 10h-12h heat-up, exercises, combat
- 12h snack
- 13h30 resumption
- 17h end of training course, discussion, relaxation...

MEETING PLACE :

Salle du Sporting-Club des lutteurs Martigny
Rue des écoles 7
1920 Martigny, Switzerland

ACCOMMODATION:

The conference and the feast will be inside and we will sleep in a dormitory at Martigny Bourg.

PRICE:

100 CHF - 100 € Includes the training course with the conference, the accommodation, the dinner of Saturday evening, breakfast Sunday morning and the snack of Sunday noon.

WHAT YOU NEED:

- standard sport clothing (please non-marking shoes)
- sleeping bag
- picnic for Saturday noon
- a little specialty of your region is welcome.

ENROLEMENT:

The training course is limited at a maximum of 35 people to ensure best conditions.

Write a mail to:

lesgardiens@hotmail.ch , deadline is the **30th September 2015**.

The enrolment is validated with the payment of the fee on the following account:

David Imstepf
Gravelone 65
1950 Sion, Switzerland
IBAN : CH48 0900 0000 1472 9611 0
BIC SWIFT: POFICHBEXXX
Postfinance SA Mingerstrasse 20, 3030 Berne

Please indicate as payment purpose: Stage Glima 2015 and the name(s) of the participant(s) AND your contact details (mail or phone number)

SECURITY– INSURANCE:

Every participant is taking part at this training course at his own responsibility. Every dangerous or careless behavior will be sanctioned by an immediate and definitive exclusion of the whole training course and its ancillary activities, without refund. The instructors and organizers have full range to decide of the criteria of such breach of behavior. The organization is particularly inflexible on this point and requires of every participant an exemplary behavior.

PICTURES:

The participants, with their enrolment, accept that the organizers can take pictures and/or movies of the training course and can publish those documents online or on paper.

CONTACT, INFORMATION:

Les Gardiens du fleuve: lesgardiens@hotmail.ch

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English: +41(0) 79 791 92 37

Web site of the Glima federation: www.viking-glima.com