

Glima Training Camp

with Lars Magnar Enoksen

24th -25th November 2018, Martigny, Suisse



European's championship

Glima is an old wrestling form, already mentioned in the sagas as combat training for the Vikings. It's also very effective in real combat situations.

The aim is to be upright, whilst the opponent is still on the ground- Hits are not allowed in this form of wrestling.

During this week-end, you will be able to participate to the European's championship, but also attend to a conference given by Lars Magnar Enoksen, and taste historical meals.

Place :

Salle du Sporting Club des lutteurs

Rue des écoles 7

1920 Martigny, Suisse

Subscriptions & informations :

lesgardiens@hotmail.ch

Price :

110 CHF - 110 €

(training sessions, European's championship, conference, dormitories, meals of saturday evening, sunday breakfast and lunch)

Subscriptions before 3th November 2018