



Movement School for  
Practice and Exploration  
in Salzburg

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## **Martial Practice – Martial Craft for Movement Practitioners**

The Martial Craft or Martial Practice is a concept contributes the perspective of fighting to a generalist movement perspective.

It offers complex scenarios from the fighting arts and combat sports to supply the personal movement practice of teachers, practitioners and groups with multilayered material to upgrade their overall toolsets.

As one of the primary forms of human movement, especially when it comes to the movement of two or more humans, fighting offers us the opportunity to learn and develop skills that were essential for human survival onwards from Day One till today.

The fact that fighting always inherits a small amount of danger promotes a very high level of awareness. We are aware that most people are reluctant to confront themselves with the given topic, but we can ensure you that our way of teaching and sharing this practice is as safe as possible.

When it comes to being human awareness is the one thing, that helps us to develop skill, character and to survive on this dangerous planet. Without constant awareness we give in to the rising zombification of our species. Meaningful fight related practice can give you the necessary edge, when it comes to stalling that process.



In terms of skill development the Martial Practice contributes techniques, principles and concepts of the martial world, following a violent free approach.

The Martial Craft is a generalistic approach to fighting and will not give you the necessary knowledge to defend yourself in a real situation like an assault or a robbery.

Scenario based training like this can be included in your lesson or the workshop, but is not on the normal menuplan.

What it will give you is a idea of how to move alone, with a partner or a group through the terminology of fight related movement.

Example given:

**Technique:**

Punching, Striking, Kicking, Fencing, Footwork, Grappling, Throwing, Voiding etc.

**Skills:**

Timing, Awareness, Willpower, Optical Realm, Haptic Notion, Unified Body etc.

**Craft:**

Shadowboxing, Partnering ( Playing to Coaching to Sparring), Toolset Creation, Meditation, Movement Tasks etc.

Principles and Theory for an safe approach to teaching and practicing