

MARTIAL ARTS WORKSHOPS FOR GAY GAMES

PINK POWER 2018

MONDAY, AUGUST 6

1:30 - 2:45 PM

Knowing each other and working together

Multi-styles

Collective workshop

3 - 4:15 PM

Jujitsu Techniques as Self-Defense

Jujitsu

Sandy Mackay (UK)

FRIDAY, AUGUST 10

1

2

3

10 - 11:15 AM

Rapid defenses and counter-strikes

Karate do

Jean-Claude Elleboode (France)

Judo Techniques as Self-Defense

Judo

Vincent Marcheix (France)

Just Aïki-do it !

Aikido

Hélène Doué (France)

11:30 - 12:45 AM

Light Saber initiation

Light Saber

Cédric Giroux (France)

From Martial Arts to Self-Defense

Self-Defense

Penny Gulliver (Australia)

Some impressions from Aïkido

Aikido

Oliver Wehlmann (Germany)

2 - 3:15 PM

Towards the attack !

Karate do

Sebastian Kühnen (Germany)

Self-Defense Conversations

Self-Defense

Darl Schaaf (United-States)

Aïkido inner strength

Aikido

Matthieu Brocart (France)

3:30 - 4:30 PM

Qi Gong : 8 exercises for health and relaxation

Ba Duan Jin Qi Gong

Marcus Scheibenzuber (Germany)