

Knife...

WHEN, WHERE: May 25 – 26 Beztahov -, arrival from 18:00. Sleeping bag to take with you, eventually a pillow. Transportation can be arranged in advance. First training at 20:00 (so that it is possible to catch the whole event from Sonkal open). End of the event around 17:00.

HOW MUCH: 1200CZK. The price includes food, drink, training, accommodation. Payment after May 21 is 1500CZK. The price includes accommodation (sleeping bag with you), meals, training sessions and possible training knife rental (but we recommend bringing your own training knife - ideally metal or other hard knife).

WHO: The event is intended for all taekwondists interested in improving their tanto matsogi and preparing for the dan exams, as well as those interested in FMA or knife defense in general. For regular FMA members, it will be possible to take the first knife defense exam at the end of the event for free. The seminar is not intended for children under 15 who do not have at least a 1st kup.

WHAT: Master Martin Zamecnik will explain how to hold a knife correctly, types of knives (classic, dagger, switchblade, balisong, karambit, Czech fang...) and what the danger of the knife is. In addition to the technical training, mental and tactical training will also be included. What advantages does Taekwon-do provide when defending against a knife and what to avoid.

The best defense against a knife is not to be there!