

HEMAC HEMATHLON 2019

FRIDAY, JUNE 7

HOUR	LECTURES	LOCATION
19:30 - 20:00	Works in Progress: The pictures of The Book of Lessons by Rob Runacres	Athens War Museum
20:00 - 20:30	Fighting with the "Long Beast" through time: Sarissa – Pike from Bronze Age to Renaissance by Stefanos Skarmintzos	Athens War Museum
20:30 - 21:00	From Vulcan's forge to the arts of Mars: An exhibition of European Martial Arts by Iason Eleftherios Tzouriadis	Athens War Museum

SATURDAY, JUNE 8

HOUR	TOURNAMENTS	LOCATION
09:00 - 10:00	Registration and Tournament Rules recap for competitors and judges	Sports Centre of METS
10:00 - 11:30	STEEL LONGSWORD Pools A, B and C	Sports Centre of METS
11:45 - 13:15	STEEL LONGSWORD Pool D SWORD & BUCKLER Pools A and B	Sports Centre of METS
13:30 - 15:00	STEEL SINGLE RAPIER Pools A, B and C	Sports Centre of METS
15:15 - 15:30	INSTRUCTORS HAPPY TIME	Sports Centre of METS
15:30 - 17:00	SINGLE ELIMINATION PHASE for All Weapons	Sports Centre of METS
17:15 - 18:45	FINALS for All Weapons	Sports Centre of METS
18:45	FINALISTS AWARD CEREMONY	Sports Centre of METS

SUNDAY, JUNE 9

HOUR	WORKSHOPS	LOCATION
10:00 - 11:30	1) The sword and buckler forms of the Bolognese masters Antonio Manciolino and Achille Marozzo by Rob Runacres 2) Cutting Mechanics with the Longsword by Tristan Zukowski	Sports Centre of METS
11:45 - 13:15	3) La verdadera Destreza: Bella Española by Ton Puey 4) The Italian two handed sword by Jacopo Penso	Sports Centre of METS
13:30 - 15:30	Free Sparring	Sports Centre of METS
15:30 - 17:00	5) With both ends and also what's in between: La doctrine et l'industrie du Le Jeu de la Hache by Fabrice Julien Cognot 6) Concerning Oberhaw, Winden and more Oberhaw by Arto Fama	Sports Centre of METS