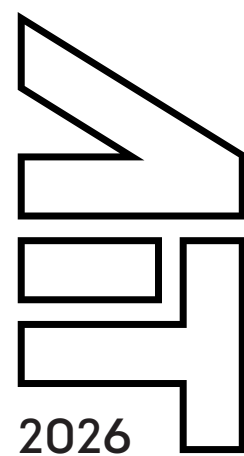


WORKSHOPS

This booklet presents the workshops available at AIT2026. Use it to plan your weekend, find your level and discover new ways to fight, lead and have fun.



Saturday

JUST FIGHTING (LINES)

Thomas Smith (Ulfhednir)

Experience level:
All

Requirements for participation:
None

Exactly what it says on the tin – just fighting. If you’re not in the mood for a workshop, this is where you go. Line fighting, all the time. There’s no coaching, no games, no drills – just lines and lots of fighting.

JUST FIGHTING (1v1)

Christoffer Cold (Ulfhednir)

Experience level:
All

Requirements for participation:
None

The 1v1 version of Just fighting. The goal here is simple: get as many good 1v1 fights as possible. This is not a coached workshop, but a series of chances to fight different people in different 1v1 situations.

BEGINNERS WORKSHOP

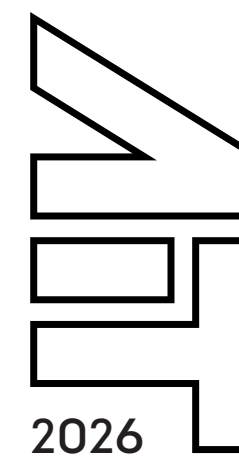
MIKE STEINGRIMUR (ASK) & MIKKEL BRANDSTRUP (ASK)

Experience level:
Beginner

Requirements for participation:
None

THIS WORKSHOP IS MANDATORY FOR ALL FIGHTERS WITH LESS THAN 1 YEAR OF EXPERIENCE!

The purpose of this workshop is to introduce you to the event, the rules, and the general way of fighting you can expect at AIT. It’s also a place for new fighters to meet each other on their own terms. This is a “real” workshop, focused on the basics of safe and effective fighting, with plenty of time for questions and practice.



RUNNING 201 THE NEXT LEVEL

HJALMAR BOAS (ASK) & BO STENHOLT (ASK)

Experience level:
Intermediate

Requirements for participation:
1 short weapon and a shield

In this workshop we pick up where last year’s running workshop left off – but you are absolutely welcome even if you were not there.

We will work on running as a team and look at tools like spotting, supported line breakthroughs, and “frog leap” hunting. The focus is on turning individual speed into coordinated pressure that actually wins ground.

There will be both theory and practice, plus a few concrete exercises you can take home and use with your own group.

ORGANIZATION IS HALF THE BATTLE

HENRIK FACK (HEYDENWALL)

Experience level:
All

Requirements for participation:
None

This workshop is about the role of command, not about “the perfect tactic” or how to win a single battle.

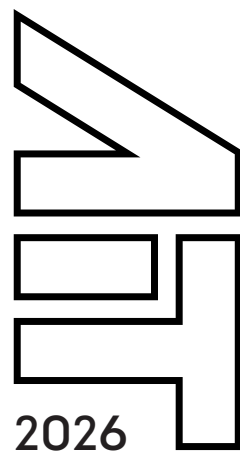
We will look at how a commander can add value before, during, and after a fight:

- Different styles of command and when they are useful
- What kinds of command are needed on the field
- The practical organizational tasks a commander should handle

Henrik will share how he grew into command, and present his personal checklist for preparing, executing, and following up on a command. There will also be time to exchange experiences and ideas about command structures.

This workshop is for anyone curious about command, no matter your current role or experience.

We recommend bringing something to drink, a snack, and something to take notes on.



GOOD CORE, LONG SPEAR (2HS WORKSHOP)

SIMON MORTVEIT (BORREFYLKINGEN)

Experience level:

Intermediate

Requirements for participation:

Some experience with spear fighting, good gloves, your own 2h spear, plus 1h weapon and shield for dueling exercises

This workshop is about getting the most out of your spear by using your body correctly. We'll work with exercises that train precision, speed, control, and endurance, and look at how footwork and good use of core and hips can give you more reach and stability.

We'll go through some of Simon's favourite attacks and defensive ideas, both for duels and for line fighting.

After 16 years of fighting, he has shaped a style that works well for him – this workshop will give you the key elements of that style to experiment with in your own fighting.

ACTIVE SHIELD

AN INTRODUCTION TO CONCEPTS AND MECHANICS

ALFRED MARCUSSEN (ASK)

Experience level:

Intermediate

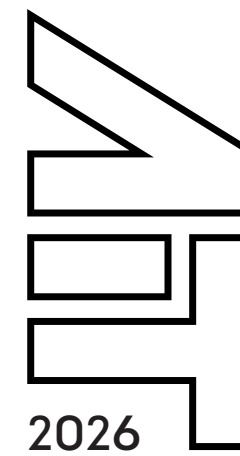
Requirements for participation:

A shield (no bucklers), and a sword or axe.

This workshop is an introduction to using an active shield in western-style fighting. We'll look at core principles such as fühlen (feeling), controlling the center while keeping good form, and using the shield as leverage instead of just passive cover.

We will also explore an alternative fighting style that relies more on control, manipulation, and binding than on raw power.

The goal is to give you a toolbox of exercises and concepts you can take home and start weaving into your own fighting style.



TAKING THE NEXT STEP

1v1 FOR INTERMEDIATES

ERIK STAALHUGGER (ULFHEDNIR) & TROELS RINGGAARD (ALFHEIM)

Experience level:

All

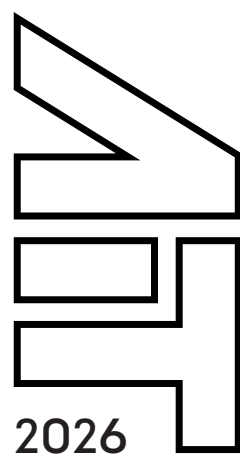
Requirements for participation:

None

This workshop is aimed at fighters with a few years of experience who want to take the next step in their 1v1 game.

1v1 skills matter far beyond the Sletten circle, but turning “basic competence” into real strength can be tricky. In this workshop we look at exercises and mindset shifts that can help you break through that plateau and move your fighting to the next level.

We will touch on techniques you can take home, but the main focus is on how you train: concrete approaches to self-training and mindset for those moments where you are the one responsible for your own development.



Sunday

JUST FIGHTING (LINES)

Thomas Smith (Ulfhednir)

Experience level:
All

Requirements for participation:
None

Exactly what it says on the tin – just fighting. If you’re not in the mood for a workshop, this is where you go. Line fighting, all the time. There’s no coaching, no games, no drills – just lines and lots of fighting.

JUST FIGHTING (1v1)

Christoffer Cold (Ulfhednir)

Experience level:
All

Requirements for participation:
None

The 1v1 version of Just fighting. The goal here is simple: get as many good 1v1 fights as possible. This is not a coached workshop, but a series of chances to fight different people in different 1v1 situations.

ENTER THE RING! - FIND YOUR FLOW IN THE FIGHT

1v1 FOR BEGINNERS

ANDERS VOLTHER (SKJOLDUNGERNE) & CHRISTOFFER TARDUM (ULFHEDNIR)

Experience level:
Beginner

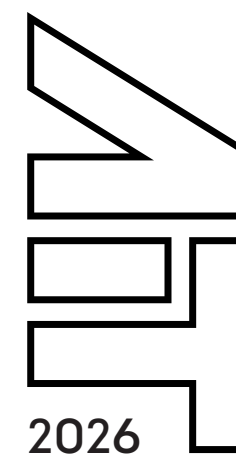
Requirements for participation:
Bring your preferred 1v1 gear

Stepping into a one-on-one fight can feel overwhelming – whether it’s your first circle match at AIT or just sparring back home. This workshop is for newer fighters (around 0–3 years of experience) who want to feel more calm, confident, and in control in 1v1.

We’ll break the fight down into simple, usable elements that you can bring both into AIT and into your regular training. Through drills and exercises, we’ll explore:

- Different ways to approach a fight
- Keeping a dynamic mindset while you move
- Training methods that focus on 1v1 and managing your energy

This is not about advanced tricks or memorizing long sequences. It’s about learning how to feel at home in the fight. You’ll leave with a toolbox of exercises and ideas that make one-on-one encounters less stressful, more strategic – and more fun.



FIGHTING 4 FUN

CHRISTINA NIELSEN (NIDHUG) & RONNIE HEMMINGSEN (NIDHUG)

Experience level:
All

Requirements for participation:
None

This is the (sort of) world-famous *Fighting for fun* workshop – where fun is the main goal!

Whether you’ve been fighting for years or just picked up a weapon, you’re welcome. We’ll dive into a bunch of Viking fighting games that focus on play, creativity and shared laughs rather than hard competition.

During the workshop we’ll try different team-based games – some you might recognize, others will be completely new. Many of them are easy to bring home and run with your own group.

So, grab your weapons and your best war face, and join us for a high-energy session where the only real objective is to enjoy yourself.

LEADERSHIP

AND THE POWER OF SUPPORTING IT - POSITIVE REINFORCEMENT IN VIKING

DANIEL ANCHER (ASK)

Experience level:
All

Requirements for participation:
None

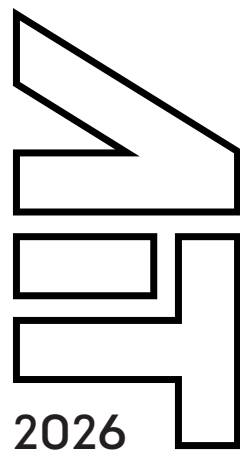
An interactive “infotainment” seminar on positive leadership and constructive communication – both in your local group and across the international Viking scene.

We’ll mix short theoretical presentations with practical examples, group discussion, dialogue and self-reflection. You’ll get a set of simple, practical tools you can take home and start using right away.

The goal is to share knowledge, inspire, and build a common understanding of how communication and leadership shape our training, our competitive fighting, and the organizing of events. We’ll look at how we can either support or undermine leadership – and what to do about it.

This workshop is for anyone interested in leadership and in developing a positive communication culture in Viking reenactment, regardless of your fighting experience.

It’s a good idea to bring something to write with – but most importantly, bring an open mind, a positive attitude, curiosity, and a willingness to look honestly at your own communication habits and preferences.



THE FEYKIR STYLE

DENNIS RICHTER (FEYKIR) & KENO RICHTER (FEYKIR)

Experience level:

Intermediate

Requirements for participation:

None

This workshop gives you a hands-on introduction to Feykir's way of fighting lines – from mood and preparation to the actual push.

A big part of the group's approach is lifting morale and building a strong "we" feeling: singing together, having a bit of silly fun, and making sure people are switched on and ready. Once the lines meet, that energy turns into very clear work: staying focused, moving forward, and getting the job done.

We'll work with how to:

- Get the group ready early and in the right position
- Use small teams and roles to get the most out of the whole line
- Identify and remove key players on the opposing side to prepare a push
- Keep morale high while still "meaning business" on the field

If you like forward-oriented line fighting and want to see how mood, structure and targeting can work together, this is for you.

Bring your usual fighting gear and all the weapons you are trained in.