



academie DUELLO
CENTRE FOR SWORDPLAY



Corporate Programs



Introduction

Inspire your team with the historic arts of the rapier, longsword, quarterstaff, and more, in one of the most unique and exciting team-building experiences you can offer. Your team will build fitness, become more cohesive, and resolve workplace stress—all while having a great time. Our programs range from one-hour to all-day workshops, regular fitness sessions, and exciting performances.

Join us at our state-of-the-art 5000 sqft facility in Downtown Vancouver, Canada and enjoy our beautiful training space, museum, and store, or invite us out to your office.

Swordplay is one of the most exciting ways you can improve fitness and mental health while building each team member's individual strengths. Help build your team and connect with history.

Benefits for Your Team

- Lowered stress levels
- Improved fitness
- Greater confidence and grace
- Better decision making skills
- Individual Empowerment
- Stronger interpersonal skills

Whether you are looking for entertainment, a small team building workshop or a comprehensive fitness plan, we'll provide you with the cutting edge.

Safety Assurance

All training is conducted under the eye of experienced instructors, and using properly designed equipment in a controlled environment. As with any physical activity there is some risk of injury, and participants with existing health problems should inform the instructor before training.

CORPORATE PROGRAMS



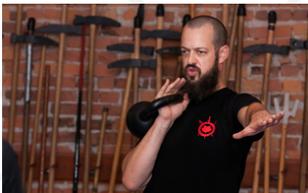
TEAM-BUILDING



HISTORY



PERFORMANCE



FITNESS PROGRAMS



HEALTH & WELLNESS



CORPORATE PARTIES

TEAM-BUILDING WORKSHOPS



Team Building

Whether as a reward for a job well done, or to help bring your team together, a swordplay session with Academie Duello will be a fun and new experience for everyone.

In a one-hour session or a whole-day experience, our team-building workshops are focused on developing the bonds between coworkers through entertaining mental and physical challenges. Everyone will feel on equal footing with a sword in their hand, whether big or small, man or woman, employee or boss.

Benefits for Your Team

- A more connected team from their engagement in something new and exciting.
- Greater individual self-confidence through wielding ancient and powerful weapons
- Inspired minds and bodies through fascinating history and exercises that extend range of motion, flexibility, and stamina.
- Heightened agility, poise, and grace for everyone on your team.
- An experience that will have your team reminiscing for years to come.
- No experience necessary, your team only needs to wear comfortable clothing.



RAPIER



LONGSWORD



ARCHERY



MOUNTED COMBAT



MUSEUM TOUR



LIVE CUTTING

Topics & Activities

Learn the art of the graceful rapier, fight a quarterstaff tournament amongst your teammates, shoot a round of archery, or visit our stables and learn knightly skills.

With this outstanding variety to choose from, every package is customizable to compliment your goals, needs, and passions. You can pick one area of focus or mix it up and take a whole survey of our offerings.

All the equipment you need is provided, all you need to bring is running shoes, comfortable clothing, and a sense of adventure.

Workshop Format

Delivered at our 5000 sqft. centre or at your office or event, and customized to your group and needs, our sessions typically include:

- A full body warm-up and cool-down targeting the most commonly strained muscles of office workers: back, neck and wrists.
- Lessons in the arts of your choosing.
- Engaging history on the evolution of both the sword and the art of swordplay.
- Fun and entertaining exercises designed to build a trusting and positive dynamic amongst co-workers.
- An opportunity for healthy competition between peers through a swordplay tournament.

Sessions range from a short one-hour of fun to an immersive and exhilarating full-day experience.



Party like it's 1599!

Academie Duello's instructors and downtown Vancouver facility are uniquely suited to give your team an unforgettable experience. Whether you're looking for a lesson in swordplay as part of your evening, or want to hold your entire event at our location, we will work with you to accommodate your needs.

An evening at Duello can include live duelling, candle-snuffing, champagne-sabering and a range of activities and entertainment too long to list. Costs will vary by the length of the evening and the specific needs of your party, and demand for the space increases during certain popular times of year, so we encourage you to contact us early in order to ensure you receive the evening you want!

Perks

- Hold your event at our 5000 sqft facility, or allow us to come to you.
- Engage with our medieval and renaissance atmosphere and give everyone an evening to remember.
- Select from a range of activities to entrance and entertain your staff and guests.
- Professional fencers, with costumes and armour to dazzle your guests with feats of daring and chivalry.
- Demonstrations and performances available throughout the evening.



Performance & Entertainment

Our veteran performers will create the perfect balance of entertainment and fascinating history at any corporate function. Whether you want a pair of swordsmen to fight their way through your conference keynote, an exciting duel to accent your corporate party, or an informative demonstration of technique and history, Academie Duello can provide.

Theatrical Entertainment

A thrilling live duel customized specially for your guests and theme will break the ice and create an exceptional highlight to your event. We offer numerous theatrical packages that vary in performance length, number of actors and number of weapons used.

Historical Demonstration

Have us bring weapons and armour from throughout European history to your corporate event where we'll weave a fascinating blend of demonstration, lecture, and captivating story. Your guests will have the opportunity to handle swords, try on helmets, and see a demonstration of historic sword fighting techniques in action.

Workshop & Performance

Make your corporate party one to remember by combining a performance with the opportunity for your guests to try out a bit of swordplay for themselves. Our versatile instructors will bring all the equipment needed to put on a show and then teach a short lesson on the art and skills of the sword.



About Academie Duello

Academie Duello is the world's largest school of European Swordplay with over 1000 enrollments in our programs and workshops each year. Our centre includes a 5000 sqft training floor, historical museum, and retail equipment store.

The school has been operating since 2004 and provides both youth and adult curricula spanning 500 years of martial arts. Programs include topics such as longsword, rapier, sword and shield, unarmed, knife, polearms, archery, and mounted combat.

Contact Us

Centre Hours:
11:00 am – 8:00 pm, Monday to Friday
10:00 am – 5:00 pm, Saturdays

Contact us by phone, email, or in person to setup your own customized corporate session or ongoing program.

For more comprehensive information and details about our various packages, please visit our website at www.LearnSwordplay.com.

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