



BEYOND SPORT 2.0

Inclusive Soft-Sword Training for Children and Teenagers (Medieval Combat)

Soft Armored Fighting (SAF) is a safe and inclusive training and competition format within the Medieval Combat sport. The combination of padded swords and shields, modern protective equipment, and an internationally standardized ruleset ensures injury-free practice – even in intense tournament fights.

Target group: Children and teenagers (8–14 years), especially also people with a refugee background (unaccompanied minor refugees, asylum seekers).

Content: 1-on-1 technique (sword & shield) as well as group-based strength and endurance training.

You only need to bring non-marking indoor sports shoes, sportswear, a towel, and, if needed, a water bottle.

Location: Sport Arena Wien, Stephanie-Endres-Straße 3, 1020 Vienna – Multi-purpose room 3+4

Time: Tuesday, 5:30 pm to 6:30 pm

Period: 17 February to 29 June 2026

(No training on 03/03, 17/03 and 05/05/2026)

Cost: Free of charge for children and youth with a refugee background as well as holders of the TuWas Pass.

Registration required: Please register in advance via training@vgvk.at

The training is funded through the **BEYOND SPORT 2.0** project of ASVÖ Österreich:
<https://www.asvoe.at/beyond-sport>

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