



Zdenek Koblre: Fighting Concepts. How to Use Any Object as a Weapon



Sifu Zdeněk Koblre is an officially recognized Escrima master level instructor, by Grand MAster Rene Latosa. Zdenek teaches for the Czech Republic WingTsun Association, which is a recognized affiliate school of the Hong Kong WingTsun Association, founded by Sifu Chris Collins. In this session, explore the Escrima Concepts and how to use any object as a weapon.

TOP EMBODIMENT TIP: Calm. Think, “so what” and breathe.

Balance: **The number one importance is to stay balanced.**

- Be mentally and physically balanced. This creates stability.
- Embody a relaxed and centered stance of any type.
- Be balanced in life and know yourself.

Power: **Use the power of your entire body (life force) and mind.**

- Do not use your limbs alone. Employ all of the energy of your body and mind.
- Defend from a short distance and hit all the way through the zone.

Circle Motion: **Always use circles and figure eights and stay in motion.**

- This gives access to all sides of whatever you are holding, even if it is simply your wrist.
- You always want to keep the wrist locked, using the forearm as an extension of your body.
- Do not strike forward and back, thus opening yourself to attack on the back motion.

Timing: **The weapon is an extension of you and your energy.**

- Circles may be short, medium or long, vertical, horizontal and everything in between.
- The actions are rhythmic and natural to you, not thinking about how to use the weapon, yet flowing with your body allowing the weapon to be an extension of your body.

Focus: **See all of the scene and focus on the moment.**

- Do not focus on the weapon.
- See the whole of the situation.

Resources

- ❖ **Website:** www.wingtsunaction.cz/
- ❖ **Social:** [Instagram](#), [You Tube](#)
- ❖ **References:** [Latosa Escrima by Grandmaster Rene Latosa.](#)



All Martial & Healing Arts Presentations are Proudly Sponsored by

Rafe Kelley, EvolveMovePlay.com



Rafe Kelley and **Evolve Move Play** help you become your most heroic self through movement, mindfulness, nature connection, and community practices.

🌱 Evolve Move Play is movement training for humans. Through our ecology of practices, we reconnect to the most meaningful aspects of life. Connect to us through our podcasts, online courses, and retreats.

Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the United States.



🎁 [Accept Rafe's Free Gift](#) → Discover the roadmap to a more meaningful movement practice and download the FREE "Whole Food Movement Blueprint." PLUS get exclusive TEC bonuses when you sign up for the Evolve Move Play Foundations program. Discover the roots of our disembodied fitness culture, and the pathway to a more meaningful movement practice and life with the [Evolve Move Play Method](#).

Interested in securing [LIFETIME ACCESS](#) to the Embodiment Conference?



Recordings

Lifetime access to sessions to watch as you please. Video and audio-only options.



Cheat notes

Notes on each session to highlight key takeaways and fast-track your learning.



Bookmarks

Bookmark your favourite tools to jump back whenever you need them.



Learning lists

Bite-size lists to help structure and guide your learning.



Recommendations

Find new teachers and discover topics personalised to your tastes.

[Get lifetime access now](#)