

Foundation of stage combat - Workshop

Whether it is a street fight, a pub brawl, a classic duel or domestic violence that is to be depicted in the film or on stage, all of these scenes require careful preparation and support by a fight choreographer.

In this workshop you will learn foundation techniques of staged violence and combat. Whether it's slapping and punching, kicking or falling, choking or pulling someones hair, all of these processes can be learned without injury with the right skillset and ability and are fun to learn.

You will gain insight into the origins and theory of stage combat, as well as the reality of theater rehearsals or film sets.

In a playful atmosphere and in partner work, individual situations are developed and presented to the group. We examine together how arguments arise, what body language is perceived as aggressive or provocative and find solutions on how to behave in an emergency.

After this two-hour workshop you will be able to fall, recognize threatening situations in your private life earlier and will have fought your first stage fights.

Under the guidance of actor Lukas Benjamin Engel, take a look behind the scenes of action films, theatre and martial arts, learn your individual stunts and perform violence without anyone getting hurt.

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Lukas Benjamin Engel – actor and fight choreographer

With experience in judo, jujutsu, capoeira, aikido, kung fu and tai chi, Lukas completed the Foundation Degree of Stage Combat at the East15 Acting School in London with top marks at the age of 17.

During his BA in acting at the HMDK Stuttgart, he continued to be interested in stage fighting and fencing and quickly was given the opportunity to assist his stage combat instructor Annette Bauer.

During his first engagement at the Staatstheater Meiningen, he assisted the renowned fight choreographer Klaus Figge and choreographed his first fights, duels and stage falls himself. He also supported civil courage projects with staged fights in public areas, which teach passers-by the "correct" behavior in an emergency through confrontation.

After his engagement at the Staatstheater Wiesbaden, he has been a freelance actor, speaker, singer and fight choreographer in film, television and theater since 2016.

He is a member of the BIK (Association of Independent Fight Choreographers) since 2021 and teaches stage combat foundations and acrobatics for children, young people and adults at schools.

The last choreographies were Robin Hood for the Ribbeck Castle Festival and Cyrano de Bergerac for the summer comedy Erfurt.