

Location site

Located in a strategic position at the entrance of the Adriatic Sea, off the western coasts of Albania and Greece the island of Corfu has its roots in the 8th century BC to the Byzantine period. The three forts of the town, designed by renowned Venetian engineers, were used for four centuries to defend the maritime trading interests of the Republic of Venice against the Ottoman Empire.

From the 15th century, Corfu was under Venetian rule for some four centuries, then passing to French, British and Greek governments. Corfu was a well thought of example of fortification engineering, designed by the architect Sanmicheli, and it proved its worth through practical warfare. The island has its specific identity, which is reflected in the design of its system of fortification and in its neo-classical building stock. As such, it can be placed alongside other major Mediterranean fortified port cities. The old town of the city is inscribed on the UNESCO World Heritage List. And Corfu is the only place in Greece where cricket is popular.

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Pankration

The martial art that promotes culture and universal values

12days workshop in Athens



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Workshop Overview

This two-week workshop will examine the famous ancient Greek sport Pankration. Pankration was a combination of struggle, kicking and boxing. The name derives from the words πᾶν + κρατείν meaning that the winner was the one who "holds the dominant power" or the one who "totally dominates", while the athletes were called pankratists. Under alexander's the Great expeditions, Pankration spread to India. It is believed that from India was spread to Far East and was the "ancestor" of all eastern martial arts. The students will learn about the historical background of Pankration, they will participate in a sports simulation that will include practical lessons in Pankration, they will meet famous Pankratists to discuss with and they will spend a whole day in a Pankration sports facilities.

Workshop outline

Pankration is the world's oldest sport. According to Greek mythology, it is believed its creation was inspired by the battles between Theseas and Minotaurus, while others believe that was invented by ancient mythological hero, Hercules. Pankration's core values are freedom, honesty, justice, equality and it's totally attuned with Olympic ideals. After its expansion in Far East became the ancestor of modern eastern martial arts. Through the workshop, Pankration will be reintroduced to people and students through a multilevel and experiential learning, will be taught sports' main features and its connection with culture.

Put our services to the test,
contact us for a free consultation today.



What's included

- 12 days of seminar in Athens
- Hotel Rooms , internet access included
- All breakfasts, american buffet
- All dinners from Monday through Friday
- Airport pickup and drop-off for arrival and return flights [Flight not included in price.]
- All cultural activities
- All Field trips

We offer for free

- On-site staff , Resident Director and Support Staff to help with any questions or advice you may need while in Athens.
- Comprehensive Insurance and Assistance Package
- 24-hour emergency telephone service : email, whatsApp, Viber, Skype. so that local staff can always be reached in an emergency situation. Also has a dedicated team of professionals ready to assist students/guests and orient them to the life in Greece.
- Celebration party, the night before departure
- Special Gift