



# burner motion

## Course topics 2020

All Burner Motion course units can be booked by schools, universities, companies, sports clubs and private groups. The offer reaches from trial lessons until full-day classes, events, regular trainings and camps. We create an offer according your visions.



### **BESTSELLER: BURNER GAMES - Small Games with a huge fun factor**

Burner Games are attractive small games that bring fun and tension into the gym. Inspired by emotional moments from films, computer games, TV Shows and many more, Burner Games motivate even couch potatoes to run for their lives. Stronger as well as weaker players are always integrated, nevertheless all games are very intensive and competitive.

Instructors: Muriel Sutter (author) & Team Burner Games



### **BESTSELLER: DONUT HOCKEY - Shoot, score, everyone!**

The new, attractive team game Donut Hockey is a mix of Ice Hockey, Ringette and Floorball. It is very emotional, physically demanding but very easy to learn. Game maniacs experience as much fun as less skilled persons. Try Donut Hockey – you will succeed in performing attractive tricks after a short time!

Instructors: Muriel Sutter (author), Team Donut Hockey



### **COOL: BURNER ACROBATICS - Cool Stunts to take off**

You never have to demonstrate crazy tricks to your students, because all moves are shown step by step on big, beautiful pictures. All moves are created by our dedicated experts team in close cooperation with various students which brought their own ideas, inspired by Instagram, Pinterest and their fantasy.

Instructors: Katrin Kehrli, Martina Marti (authors) & Team



### **COOL: BURNER GLADIATORS - Small Fights for Big Warriors**

Burner Gladiators is a new philosophy on how to approach fighting in physical education classes from German FMA Expert Andreas Güttner, mixing up Kung Fu, Ju-Jitsu-Do and Eskrima experience with lots of creativity and game spirit. The book contains easy-going fighting games one against one and in teams, with and without material.

Instructors: Andreas Güttner (author), Sabrina Merseburg, Muriel Sutter



### **EVERGREEN: BURNER SPEED GAMES - Team Games - easy and attractive**

Game series are fun and very useful for learning. Nevertheless, playing and juggling can not replace practice, since specific skills do not develop all by themselves. By using playful forms, exercises can be designed in a way that they come very close to an actual game situation. This makes practising more exciting and simplifies the transfer of learned skills to the actual game.

Instructors: Muriel Sutter (Author), Thomas Reichmuth (Coach) & Team



### **EVERGREEN: BURNER PARKOUR - Efficient way through urban challenges**

The art of efficient motion in urban environments fascinates kids as well as teens and adults. With this book written by Parkour Pioneer Roger Widmer beginners as well as advanced teachers and students can work easy and safe. It is created and realized according the educational concept TRuST (training and standard).

Instructor: Roger Widmer (author)

## **BOOKING**

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