

20 years of fun  
and games!



**Going to the states**

In 2010 Telge Glíma have our 20th anniversary. A part of the celebration includes a trip to America where we will track our immigrating Swedish heritage.

[WWW.TELGEGLIMA.COM](http://WWW.TELGEGLIMA.COM)

# TELGE GLÍMA

Historical sports and games





## Telge Glíma

Keeping the scandinavian culture of ancient games and sports alive. People have always found ways to keep fit, have fun and compete. Our goal is to give the modern world a taste of how it was done in the good old days.

### GAMES FOR EVERYONE

The games and sports we show are mainly games of lifting and strength, of agility and quickness, tug-of-wars and games that will test your hardness. They are for everyone to try out and participate in: men and women, children and grandparents.

### OUR MOTTO

"We combine history with bruises!", which means that we don't hold back in our performances. We do it for real and try to make old games and sports of the people historically realistic, reliable and fun to watch! This is also why we perform in clothing true to the historical period the different sports and games originate from.

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### 20 YEARS OF FUN AND GAMES

About twenty years ago the group Telge Glíma was founded in Södertälje, a 30 minute drive south of the swedish capitol Stockholm. The founders came together with a mutual interest in history and an interest to practice and show old sports and games.

### PLAYING AROUND THE WORLD

The cultural society Telge Glíma bases it's activities on performing and instructing the public in old games and sports. We have travelled around in all of scandinavia as well as many other european countries with our shows. Even a few countries outside of Europe.



### COMMON GAMES OF THE PEOPLE

The games are usually very easy to perform and play. Most of them only require your own body, a rope, a stick or some other every-day tool. With these simple means you can practice hundreds of different games and sports that tests your agility, swiftness, strength, hardness and

flexibility, for yourself, against others or in teams. Some of the games are more violent than others but most of the games are fun and easy to try for anyone.

The old games and sports that are performed, played and tested by Telge Glíma were originally a part of the everyday life of the farmers, workers and burgess. Thus, Telge Glíma practices the games and sports of the people.

### PERFORMANCES

We do various entertaining and/or educational performances for almost any occasion. There are hundreds of different games and sports to choose from. So there is no problem putting together a program that suits your specific demands.

Please contact us for a discussion of what will suit your needs.



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