



*Confronting Fears using Heights: The Philosophy of Elite Training
Why Martial Artists Must Train the Mind as Well as the Body*

“In martial arts, we often equate our success with another’s failure. Many in Martial arts see their Objects Fail as their success, but during a recent visit to the Czech Republic’s Hard Task Air Assault Course, I discovered a philosophy that flips that thinking on its head: when one student succeeds, we all succeed. This isn’t just a slogan—it’s a principle lived and enforced by instructors from elite military units, fire rescue teams, stunt coordination, and aviation. Their unified mission? Teach students to conquer fear—not by avoiding it, but by meeting it head-on.”

Radek Brunna





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Martial arts, success is often seen as individual—one fighter wins, the other loses. In Hard Task Air Assault Course in the Czech Republic, I encountered a different philosophy—one that stands in direct contrast to ego-driven competition: “Your success is our success.”

Here, instructors from vastly different backgrounds—military veterans, rescue personnel, helicopter pilots, and stunt professionals—form a unified team. Their shared goal? To push students to their limits in a safe yet mentally demanding environment where fear isn’t avoided but confronted, studied, and ultimately, mastered.

Hard training prepares you for hard tasks Missions. This philosophy drives the approach to confronting heights and fear, particularly as it applies to teaching martial arts and fear management. In the martial arts world, often loaded with ego, practitioners typically celebrate their own success while dismissing others’ failures. However, there’s an exceptional approach that stands out—one where another person’s failure becomes everyone’s success.

The most professional instructors in the Czech Republic have created an environment that amazed even seasoned practitioners. Their commitment to making all students successful, including those who initially failed, demonstrates an extraordinary team effort. These instructors and their entire team work tirelessly to help, push, guide, and direct students toward success. This collaborative approach represents something truly revolutionary in combat training.

The entire course operates under Hard Task company, led by head instructor Zdeněk Charvát. My self As a supervisor for presidential bodyguards, Made the connection with Hard Task spans many years across different tactical training programs. Hard Task provides comprehensive training including firearms, surveillance, tactical driving, VIP protection skills, hand-to-hand combat, and medical training under combat conditions—all delivered at the highest professional levels.

Significantly, almost all air assault instructors carry martial arts backgrounds and combat skills, with many being former specialized army and police unit members.

Radek Bruna



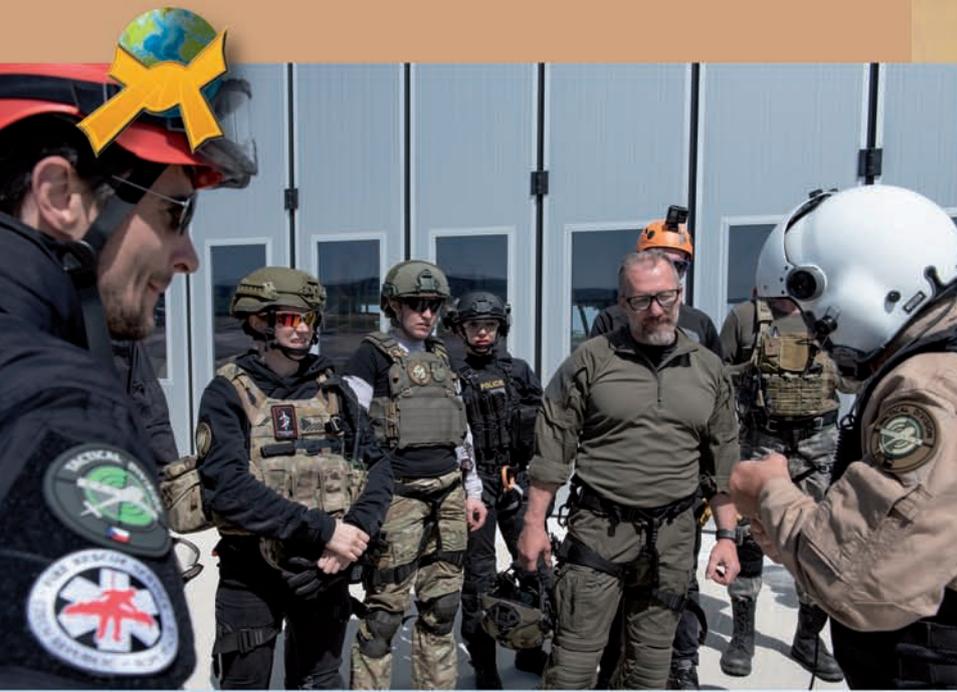


Hard Task Air Assault Course: A Unique European Experience that's now welcome also civilians and Martial artist.

For over a decade, the Czech training group Hard Task has been delivering a unique tactical experience through their Air Assault course, focused on helicopter-based insertions using fast rope techniques. This course, developed with operational realism and safety in mind, is among the very few—if not the only—civilian-run training of its kind in Europe, and possibly worldwide.

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Radek Bruna





From Mi-8 to EC135: Over a Decade of Evolution

The Air Assault course launched in 2011, with early editions conducted on Mi-8 heavy transport helicopters in cooperation with Slovak partners. Since then, Hard Task has hosted one to two courses annually, building a solid reputation for delivering helicopter insertion training with operational-level realism.

Now in its third season in the Czech Republic, the course runs in partnership with HELITOM s.r.o. All operations are conducted using the Eurocopter EC135, outfitted with the EAD03 External Load System by ECMS—a certified platform enabling fast rope insertions, static rope descents, and human external cargo transport.

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Elite Instruction and Equipment

Participants train with Marlow fast ropes and high-quality climbing and safety gear from Singing Rock, a renowned manufacturer of professional climbing equipment.

The course's lead instructor is Wendy, a respected figure in the Czech tactical community. After graduating from Charles University's Faculty of Law in 1983, Wendy joined the Czech Police as a criminal investigator. In 1990, he successfully passed selection for the Counter-Terrorist Unit, serving for 15 years and progressing from tactical team member to deputy team leader, then commander of the Special Intervention Group, and ultimately becoming a shooting, tactics, and special training instructor.

Radek Bruna





Throughout his career, Wendy completed numerous domestic and international training programs, working alongside elite units including Delta Force, SAS, SO19, RAID, GIGN, GSG9, Cobra, BBE, NOCS, and GIS. He holds specialized certifications in work at heights and jump master qualifications, participating in multiple live interventions against armed offenders. He also served in protective roles at the Czech Embassy in Baghdad.

After leaving the police in 2006, Wendy shifted focus to training, consulting, and security services, supporting governmental and armed forces in Kurdistan, Lebanon, Jordan, Libya, Iraq, Egypt, and the UAE. His extensive operational and international background ensures the course reflects real-world demands and best practices.

Supporting Wendy is a team of rope masters, paramedics, and rescue professionals, many bringing over a decade of experience from HEMS operations, fire rescue climbing teams, and tactical helicopter deployment. He also a Kapap Krav Maga and CDC Close Distance Combat.

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The comprehensive two-day course combines theoretical preparation with live Helicopter operations:

Helicopter safety, operational planning, ground-based rope training (on a climbing tower), and tactical procedures in and around a grounded aircraft.

Live fast rope descents from 3 to 10 meters from a hovering EC135, tactical team insertions into prepared mission scenarios, and team extractions.

Open Enrollment with Professional Standards

Though maintaining high standards and serious tactical content, the course welcomes a wide range of participants. Over the years, attendees have included military and law enforcement personnel from around the world, as well as reenactors, tactical enthusiasts, stunt professionals, and actors training for physically demanding roles.

Radek Bruna: The Stuntman's Perspective

One of the course instructors, Radek Bruna, brings a unique perspective to this training. With 26 years of experience as a stuntman and 11 years as a stunt coordinator, Bruna represents the intersection of professional film work and tactical training.

The Humble Professional

"You don't see his face that often, but you do see his performances," describes Radek Bruna perfectly. Despite being one of the most recognized stuntmen in the industry, he emphasizes that success is always a team effort, never his alone.

"I wouldn't see it that way, I don't really like acting for myself," Bruna explains when asked about his fame. "I work in the FILMKA stunt team and even now I'm here more as a representative of Filmka and my colleagues than as myself, Radek Bruna."

From Karate Champion to Hollywood Stuntman

Bruna's journey into stunt work began somewhat accidentally. As a young man on the karate national team who loved action movies, he would immediately try to learn the tricks he saw on screen. A chance call about a karate-themed washing powder commercial started his film career. From there, connections led him to stunt training and a meeting with Láďa Lahoda, marking the beginning of his film story.

Notable Film Work

Bruna has collaborated on approximately 250-300 film and advertising projects. His impressive filmography includes major Hollywood productions such as:

- Black Hawk Down - where he played sniper Clark from



Delta Force, a role that became a turning point in his career and inspired the creation of Filmka's tactical department

- The Bourne Identity - showcasing his skills in this acclaimed action thriller
- Babylon A.D. - working alongside Vin Diesel
- Shanghai Knights - collaborating with Jackie Chan
- Mission: Impossible - Ghost Protocol - part of the renowned action franchise
- Casino Royale - contributing to the James Bond legacy
- The League of Extraordinary Gentlemen
- Anthropoid
- Jojo Rabbit

He has worked with legendary actors including Tom Cruise, Arnold Schwarzenegger, Sean Connery, Vin Diesel, Jackie Chan, Matt Damon, and many others.

Radek Bruna





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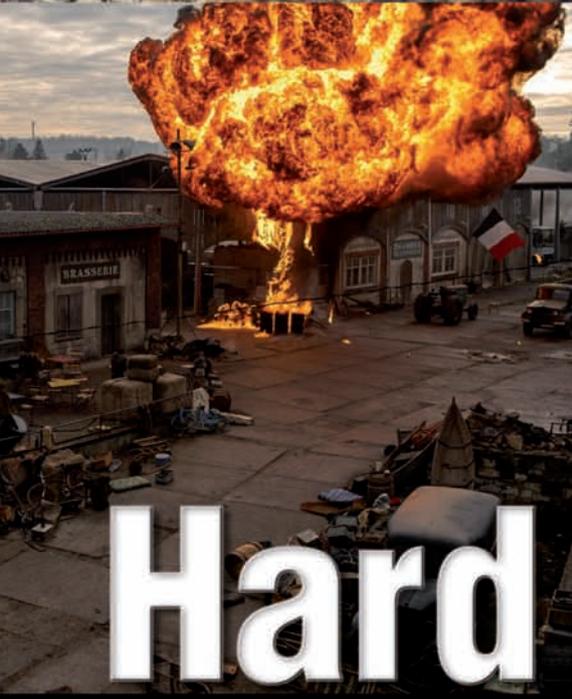
The Tactical Department: Bridging Film and Reality

Bruna was instrumental in creating Filmka's tactical department, composed of former army and police special forces members, stuntmen, and crime writers. This specialized unit provides realistic police and military action for films, including consulting and training actors in shooting and tactical skills.

"Because we want to do our job 100%, we train as much as possible like real police officers and soldiers, so that our performance looks as realistic as possible," Bruna explains. "There are police officers and soldiers in the audience, and they recognize it. We want these viewers to say: 'Yeah, I liked this, it fits.'"

Radek Bruna





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Radek Bruna



The Philosophy of Professional Stunt Work

Bruna emphasizes that successful stunt work requires humility and teamwork. “This work is interesting and fun, but there is not much room for one’s own ego, which, I think, is quite similar to police and military special operations. One must be humble and not play the know-it-all.”

The fundamental principle guiding all their work is simple: “SAFETY FIRST.” Despite having a “slightly shifted instinct for self-preservation,” professional stunt performers never abandon safety considerations entirely. As Brunna notes, “We wouldn’t want a person without it, he is dangerous to himself and others.”

The Reality of Stunt Work

When asked if the job hurts, Brunna’s response is characteristically direct: “It hurts. Sometimes yes.”

The work extends far beyond simply falling or jumping in place of actors. As a coordinator, Brunna oversees all stunt actions on film projects, which can include chases, car crashes, fights, duels, shootings, explosions, falls, burning, rope work, fencing, and horse work. “We are simply a bit of film magicians,” he describes.



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The Convergence: Where Film Meets Tactical Reality

The Hard Task Air Assault course represents a unique convergence where professional film stunt work meets real-world tactical training. With instructors like Radek Bruna, who bring both extensive film industry experience and genuine tactical knowledge, participants receive training that bridges the gap between cinematic action and operational reality.

This combination offers civilians an unprecedented opportunity to experience professional-grade fast rope training from helicopters, guided by instructors with extensive real-world operational backgrounds. For those seeking to push their limits under rotor wash, this training provides an experience as close to reality as possible outside of military service.

Radek Bruna





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The course exemplifies the philosophy that hard training prepares you for hard tasks, whether those tasks involve creating realistic action sequences for major motion pictures or developing the skills and mindset necessary for real-world tactical operations. In both cases, success depends on professional instruction, proper equipment, rigorous safety protocols, and the humility to learn from those who have gone before.

The Hard Task Air Assault course remains one of the only opportunities worldwide for civilians to undergo professional-grade helicopter insertion training, combining the expertise of seasoned tactical professionals with the practical knowledge of film industry veterans who understand both the demands of performance and the imperative of safety.

For Join Contact Hard Task: <https://www.hardtask.cz/eng/intro>

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