

STAGE COMBAT WORKSHOP

Intro to the Longsword

Presented by The Duelists



Randall Scott & Michael Moody

Fundamentals of the Historic Longsword
Stage Combat Safety and Protocols
Stage Combat Principles
Choreography
And More

February 16, 2019

9am-6pm

Ponchatoula Fitness

1330 Hwy 51, Ponchatoula 985-386-8507
ponchatoulafitnesscenter@gmail.com

Early Bird
Registration
until 2.01.19
\$150

www.duelists.com *www.ponchatoulafitness.com*

Stage Combat Workshop: Intro to Longsword

When? Saturday February 16, 2019 9am-6pm

Where? Ponchatoula Fitness Center, 1330 Hwy 51, Ponchatoula

Who is it for? Anyone 16 years of age or older. Particularly great for Stage Actors/Performers, Stunt Performers, History Buffs, LARP-ers, Weapons Enthusiasts, and more.

Do I need experience? NO. This course will introduce the student to the fundamentals of historically based stage combat based on the Italian longsword. Participants will learn all stage combat safety procedures and protocols. Participants will learn essential principles of stage combat including distance, timing, line, intent control and learn to safely execute attacks, parries, footwork, use of force and weapon control. Participants will execute these skills through both drills and choreography, working with a partner, and at the conclusion of the workshop, students will choreograph and perform a basic longsword fight.

What should I wear? Comfortable clothing and closed-toe shoes are required. Costumes, flowing garments and large accessories are not recommended.

What should I bring? Water and some snacks will be provided. Smoothies, beverages and protein bars are available for sale. A full lunch will NOT be provided. Bring a lunch or plan to visit a nearby food establishment during the 1 hour lunch break.

Swords will be provided. You may bring your own if you have one, however they must be approved before using.

Who are “The Duelists”? Visit www.duelists.com for The Duelists bios, show dates, videos and more

Workshop Objectives

Workshop objectives

- Knowledge of basic safety procedures, utilizing learned physical skills and use of the longsword
- A basic but solid understanding of the historical use of the longsword as per Fiore dei Liberi's Flos Duellatorum (The Flower of Battle) as the basis for using the longsword in a stage combat context, including historical guards, attacks and parries.
- To develop the physical skills necessary to execute and sell a sword fight through the use of body and movement.
- To create and choreograph a fight from the source of conflict to its physical resolution.
- To learn to participate in the collaborative process involved in creating a fight with both a partner and a choreographer.
- To expand each participant's imagination and creative thinking through exercises based in conflict: to think outside the box.
- To gain a broad but fundamental understanding of those principles of stage combat that are applicable to all other weapons and weapon systems

Workshop specifics:

Footwork: passing steps, side steps, voids

Use of Line: Online, offline, angle of attack, angle of deflection, redirection

Distance: mainting, closing, cheating,

Attacks: fendente, squalemrato, tondo, ridoppio, montante, casting, redirecting, extension, pulling the blow

Posta (Guards): Boars tooth, open iron door, middle iron door, tail, short, long, crown, two horn, right/left window, woman's/ left woman's guards.

Parries: Using the posta, static, counterthrusts, receiving the blow

Communication: eye contact, cues, action/reaction

How Do I Register?

Register by February 1st, 2019 for Early Bird Pricing - \$150

February 2nd- February 16th - \$200

Register online at

http://www.ponchatoulafitness.com/stage_combat_workshop.html?r=20181227142906

Or, register at Ponchatoula Fitness during business hours

Monday-Thursday 8am-8pm / Friday 8am-6pm / Saturday 9am-12

For additional questions or info call 985-386-8507 or email ponchaoulafitnesscenter@gmail.com