

GENERAL STAGE COMBAT SYLLABUS FOR SWORD

Part A: Preparation

1. Warm Ups: Physical, Intention, Sparklers, Guards
2. Introduction: Swords through history, purposeful weaponry, and Parts of Sword
3. The Basic Concept: Prep, Action, Knap, Follow-through, Reaction
 - a. Safety!
 - b. Basic unarmed
4. Starting with Sword
 - a. Stance, guards, the Star System
 - i. Slip, cross, traverse
 - b. Movement drills (advance, retreat, passing)
 - c. Swords in Hand
 - d. Parry drills
 - e. Cutting drills
 - i. Add piston thrusts
5. Partner work!
 - a. In place, X-in-4 (Canadian Shuffle) drill
 - b. Canadian shuffle moving
 - i. Optional: Advanced drill series
 1. Canadian Shuffle
 2. Deceptions
 3. Cuts/Casting
 4. Doubles
6. Flair
 - a. Deceptions & Doubles
 - b. Swipes
 - c. Prise-de-Faire
 - d. Corps-a-corpses
 - e. Appelle & Balestra
 - f. Purposeless moulinets

Part B: Anatomy of a Fight

1. Reality v. Theatricality
 - a. Pirates of the Caribbean real v. theatrical discussion
2. Character driving
 - a. What would end the fight?
 - b. Character style

- c. Effort over time
- d. How, Why, What, Where, When
- 3. It's Always Easier to Kill the Guy and Go Eat a Sandwich
- 4. Wounds & Wound continuity
- 5. OPTIONAL: Text Analysis
 - 1. Take example text (*Romeo & Juliet* 3.1)
 - a. The placement of drawing the weapon *and what it means*
 - b. The start of the fight *and what it means*
 - c. Romeo's intervention/Mercutio's death and *what it means*

Part C: Choreography

1. OPTION 1 (youth/beginning):
 - a. Pair off into pairs/groups OR cycle partners
 - b. Teach the fight choreography in sequences
2. OPTION 2 (adult/advanced):
 - a. Partner/group students
 - b. Give scenes or allow them to choose
 - c. Break off with individual groups and choreograph based on marked character decisions
3. Planned v Opportunity v Instinct
4. IDFIGHT from BASSC training
 - a. Intention
 - b. Drive
 - c. Full body mechanic
 - d. Eye lines
 - e. Grounded
 - f. Habits
 - g. Technique

Part D: Refining & Performance

1. Allow adequate rehearsal time
2. Prep for public or video recorded performance
 - a. Directing
 - b. Add in necessary moves or lines
 - c. Kills
 - d. Angle hits for filming
3. "You will mess up something no matter what. The question is how do you handle the mistakes to keep driving forward?"
4. Do The Thing

