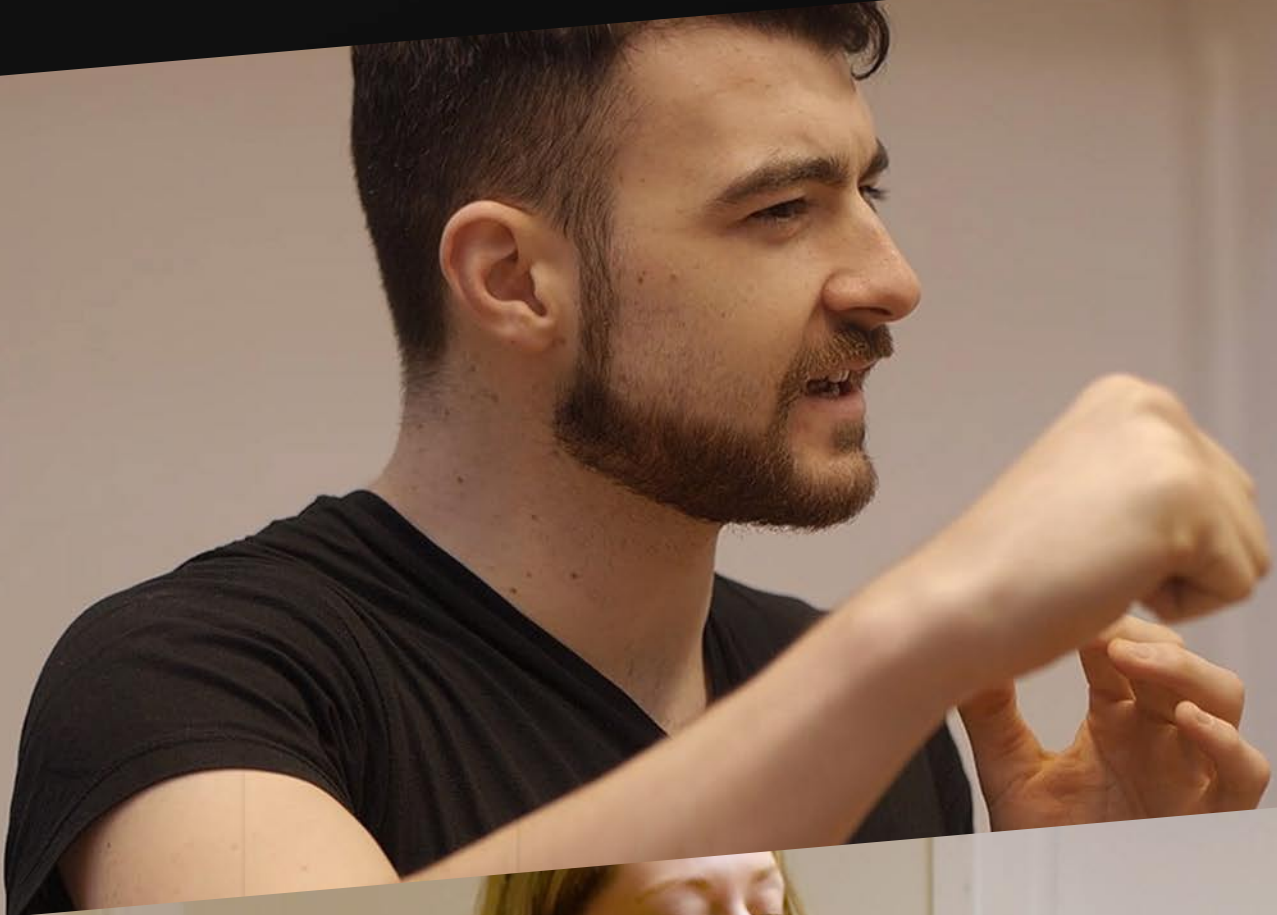




– UNARMED –

TEACHER PACK



Introduction for Teachers

Thank you for buying our Unarmed course. We hope you and your students learn a lot and have a lot of fun along the way!

How the course works:

Our online Unarmed course comprises 32 videos in total. The majority of these videos contain a new skill for your students to learn as they develop their understanding of unarmed combat.

The first few videos are focused on safety and general techniques, and don't require any actual up-on-your-feet practise, as they're more to lay the groundwork for how your students should be practising, but we have included some games to help make understanding the safety techniques clearer.

From there, the videos will go through the fundamentals of each new skill they can use in their unarmed combat. These skills will gradually become more complicated as the course progresses, and some moves will build off of what you've learned in previous videos. Along the way, this pack will suggest games, warmups, and questions to offer the class and ensure their understanding.

Nearer the end of the course, there are two videos covering how to approach performing violence as an actor. Much like the safety videos at the beginning, these aren't necessarily designed for specific rehearsal, but they're there as a tool to help your students understand not only the skills of unarmed, but performing it as well.

At the very end of the course, there will be two videos of full, choreographed sequences, which are for your students to practise combining all the skills they've learnt. These choreography sequences can also serve as a great way of showcasing your students' abilities, as an end-of-course celebration.

Requirements for teachers:

On the next page, we have provided a warmup sequence for your students before beginning practice. This warmup is a requirement of the course, as it's important to make sure there are no injuries from muscle strains. Please make sure your students are adequately warmed up before beginning each class.

We would recommend watching at least some of the course before presenting it to the students, just to build familiarity with the material. We would also recommend using the games and questions provided to help solidify their understanding.

Enjoy!

As fight professionals, it's been a pleasure putting these classes together and offering this level of training to young actors. We sincerely hope you all enjoy this course a great deal.

- Adam Ralph



Lesson 4: Cross Punch

A staple in Unarmed stage combat, a cross punch is a versatile attack to use – get this down, and you'll be well on your way to making realistic fights.

Please begin by watching the 'Cross Punch' video of your online course. Feel free to watch it as many times as you feel the class needs.



Suggested cool-down stretches:

- Arms
- Wrists
- Shoulders
- Head & neck

Steps for teaching Cross Punch:

- Have the group pair up, then number themselves 1 & 2 .
- Have them pick an attacking arm they're most comfortable with (this move works with both arms so long as the reaction is sold properly).
- **Remind participants of safety elements:**
 - Make sure they measure distance
 - Start slow
 - Make eye contact
 - Cue the move
- Practise as per the video, ensuring distance and safety.
- Add in knaps & reactions, ensuring they're working in time with the move.
- Build up the speed, adding in the acting

Class Demonstration:

Have participants show the move in front of the group figuring out what angles work for this punch and how they make them work. For this punch, being in profile will show a gap and not work, but being upstage/downstage will look good. Have them demonstrate the profile angle first, and then the correct one. It's important that they see how the move doesn't work when the angles are wrong, but how all the safety elements are still there.

Questions for the class:

Q: Why is it important to ensure you are out of distance before making this move?

A: **This prevents you from being close enough to actually make contact with your opponent .**

Q: How do you make a sound effect for this move, to make it seem more realistic?

A: **You can do a 'knap', striking a part of your body with a slightly cupped hand. For this move, we suggest striking your upper chest.**

Lesson 14: Profile Slap

Profile slaps can be tricky to get right and sell properly, but if you can get this down, you'll be able to pull off a slap from any angle.

Please begin by watching the 'Profile Slap' video of your online course. Feel free to watch it as many times as you feel the class needs.



Suggested cool-down stretches:

- Arms
- Wrists
- Shoulders
- Head & neck

Please make sure they are fully comfortable with the Cross Slap before moving onto this move.

Steps for teaching Profile Slap:

- This move can be performed with either hand, so ensure each partner knows which hand is being used and where to react.
- Remind participants of safety elements:
 - Making sure they are at a comfortable distance (they will be "in distance" for this move).
 - Start slow - start with extending the hand past the face, then slowly pull the hand back far enough to then bring it round in front of their partner.
 - Make eye contact
 - Cue the move
- Practise as per the video, ensuring distance and safety.
- Add in Knaps & reactions, ensuring they're working in time with the move.
- Build up the speed, adding in the acting.

Class Demonstration:

Show the move in front of the group figuring out what angles work for this slap and how they make them work. Practise the move in upstage/downstage first, so they can see how it all looks from the wrong angle but with the safety, then perform in the correct angle (profile with attacking arm closest to the audience).

Questions for the class:

Q: Because you're in distance for this move, what is the most important element of safety?

A: Making sure you're rehearsed enough to pull your hand back away from your partner, to avoid contact.

Q: If you're the one doing the slap, what are the two parts of this move you need to do?

A: 1 - Extend the hand in line with the side of the partner's face.

2 - Pull your hand around and in front of your partner.



– BROADSWORD –

TEACHER PACK



Lesson 1: Maintaining Distance

In this video, we'll go over how to maintain a safe distance between you and your fight partner, keeping your fights safe.

Please begin by watching the 'Maintaining Distance' video of your online course. Feel free to watch it as many times as you feel the class needs.



Warmup Games:

Mirror-Move:

- Pair the participants up, and have them numbers themselves 1 & 2
- Have number 1 move around the space, and have number 2 mirror their movements
- This is to really cement the idea of distance in a fight, make sure they keep the same distance apart at all times through this game - if 1 moves back, 2 needs to move forward to keep the correct distance etc.
- Then switch around, so 2 has a chance to lead the exercise

Eye contact zombie:

- In pairs again have one of the participants lead the other with their finger, as if connected by an invisible string to a part of their partner's body - i.e nose, shoulder, chest etc.
- The person being led has to try and keep the body part in line with, but at the same continuous distance from, the person's finger.
- This teaches how to keep distance properly, but also working with your partner to do as instructed.

Questions for the class:

Q: Why do we use distance as a safety measure?

A: You cannot hit what you can't reach.

Q: Why is it important to check you're out of distance before every rehearsal?

A: Because distance is what guarantees your safety, it must be checked and maintained every time.

Lesson 14: Slashes

The final mainstay of the attacks is slashes – moves that aren't parried, and are avoided as the blade swings through.

Please begin by watching the 'Slashes' video of your online course. Feel free to watch it as many times as you feel the class needs.



Suggested cool-down stretches:

- Arms
- Wrists
- Shoulders
- Neck/Head

Lesson Steps:

- Pair up the group, and get one person to do a horizontal slash to stomach, and the other to avoid by passing back.
- **Remind participants of safety elements:**
 - Make sure they measure distance
 - Start slow
 - Make eye contact
 - Cue the move as per the system
 - Ensure all energy of moves is being cast
- Practise as per the video, ensuring cueing and safety.
- Add in reactions, ensuring they're working in time with the move.
- Build up the speed, adding in the acting.
- Once the participants are comfortable and proficient with this, try the horizontal slash to head, with the defender ducking underneath.
- Make sure they swap over so both partners get to try the moves.
- Then do the same for diagonal slashes.
- Follow the steps as above, paying very close attention to starting slowly.
- Finally, link these two moves together – do a horizontal slash, followed by a diagonal slash.
- Either person can make each move, so long as it is agreed and rehearsed well before picking up speed.
- Again, follow the step breakdown to keep everyone safe.

Questions for the class:

Q: When making a slashing attack, even when following the cueing system when should you make your step forward?

A: Only once you've seen your partner react and move, AND you've made the full slashing attack.

Q: Why is it important that you only move once you've done the attack?

A: Because these moves are not casting energy there is more chance of someone getting hurt if you move too early.

Q: What is the object your sword should follow when making a diagonal slash?

A: The Glass Pyramid