

The Fundamentals: Footwork Course Index

This document is a searchable index of the material covered in the Fundamentals: Footwork Course, from Swordschool Online, organised by video class, and by time. To find the material you are looking for, use the 'find' function (usually Cmd-F on a Mac, or Control-F on a PC). That will highlight all mentions of the material in this document. From there you can easily find the video resource you are looking for.

DRAFT: November 16th 2018

Please note that this is largely un-edited, but as it is already useful, I'm making it available immediately.

If you find any errors, or want to suggest any additions, please email me at guywindsor@gmail.com

With thanks to Jonas Sunde, who indexed the videos.

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Safety

Safety Module: Do this first!

0:05 introduction

0:23 safety

1:15 warm-up

2:33 ankle

3:25 knee

3:25 rotation

3:58 circles

4:32 bends

4:50 hip

4:50 thigh

6:05 rotation

6:48 squat

7:42 side

8:18 working with a door

9:09 foot position

9:24 close knee view

9:40 different approach

10:42 how far to go

11:13 more about knee alignment

12:29 knee alignment exercise

13:02 diagonal foot position

13:49 about hip restrictions

13:44 demonstration other leg

16:04 90 degree version

16:23 side

16:38 gait

17:01 walking

17:34 running

18:14 sprinting

18:32 context

19:40 weight placement

22:12 exercise

22:42 water demonstration

23:45 context

25:06 homework

26:50 preview and conclusion

How to Increase your Range of Motion

0:05 introduction

1:47 on range of motion in general

2:34 negative consequences

2:59 how to expand range of motion

3:20 exercise squat arm press

3:56 two ways of getting stretch reflex to relax

4:00 wait

4:32 expand

5:21 come out of it

5:32 summary

5:55 exercise hamstring stretch

8:07 other leg and faster reset of reflex

9:47 exercises rotation in the hip

9:20 first exercise

12:12 consideration about passive support

15:03 lunge exercise

16:09 breathing

17:27 about prevent body cheating

18:20 another hamstring exercise

22:05 other side

23:29 come out of it

Knee Maintenance: Massage

0:04 introduction

1:22 knee massage

2:00 on the oil

2:37 start on knee cap

3:21 why it works theory
3:50 behind the knee
4:05 outside of the knee
4:50 v above the knee
6:19 back to midpoint
7:50 using the palms
8:14 outside on lower leg
 8:35 using the knuckles
 8:55 using both hands
 9:30 line between muscle and shin
10:12 down to the ankle
 10:20 knuckle roll
 10:37 end of foot
 10:59 top of foot
 10:42 inside of the ankle
 10:25 inside of the ankle II
 10:27 sole of the foot
14:44 working back up the calf muscle
16:05 feeling the difference between massaged and un-massaged leg
17:04 fast leg massage routine
 17:40 demonstration
19:20 summary

Weight Placement and Pole Squats

Index to come

Footwear for Footwork

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Grounding

Grounding: Solo Exercises

0:04 introduction

0:42 warmup

 0:42 ankle rotation

1:07 knee rotation closed
1:24 knee rotation open
1:40 hip rotation
2:07 hip circles
2:33 hip circles other plane
3:00 down the front out the back and otherway round
3:24 distinction pushing hips forward and tucking tailbone
 3:41 first exercise push
 4:05 second exercise tucking
4:40 knee maintenance
 4:50 cross legged standup
6:06 shoulder rotation
6:45 reach down drop
7:01 digression stick
7:24 stick shoulder exercise
 8:00 use your friendly door
 9:37 encourage range of motion
10:13 stick round the back exercise
10:49 stick behind the back exercise
11:07 stick lift behind the back exercise
11:32 context for exercises and safety
12:10 revision exercises foot/knee placement
13:59 distinction turning on heel / ball
 14:41 moving the foot
 15:58 side
 16:15 the way its taught in class
 16:51 other side
 17:22 hop
 17:52 working towards improvement
16:44 turning on the heel
 19:24 what is affecting your ground path
 20:33 exercise turning on the heel
 20:55 connection to the rapier position
 21:35 open and step
21:56 turning on the ball

23:20 exercise

23:34 other side

23:44 context and safety

23:56 exercise turning on weighted foot

24:20 twisting squats

24:36 preparation gentle swing

25:39 twisting squad turn on ball

Grounding: Pair Exercises

0:04 introduction

0:38 angles of force

1:50 arranging line of strength

2:22 developing line of strength

2:22 line between the feet

3:05 position of the hips

3:11 practical experiment

4:37 where does the strength come from

6:48 summary

7:23 shoulders

7:45 experiment

8:47 hand, arm, elbow

11:28 light up the force line

12:37 just the right amount of pressure

13:51 listening for partner position

16:26 visualizing position

17:30 reaching into position

17:52 experiment

19:00 the unbendable arm

20:07 exercise setup

21:15 context creating better positions

21:40 exercise creating path forward

22:56 exercise passing back

24:46 context and other guard positions

26:36 example rapier lunge

27:42 example longsword passing

Falling for Beginners

0:04 introduction

0:26 the basic theory

1:05 exercise star fish

2:17 trick to get up the ground

3:42 add little roll

4:16 problems with the exercise

5:20 getting down

6:38 bringing weight up

6:58 bring up the foot

7:55 up to standing

8:12 training context and safety

9:05 voluntary vs forced falling

9:38 partner directional exercise

10:50 conclusion

The Stability Drill

0:04 introduction

0:20 fundamental thought behind stability drill

2:32 demonstration longsword guard

2:32 tutta porta di ferro

3:10 posta longa

3:45 posta di fenestra

4:20 tutta porta di ferro

4:30 exercise possibilities

4:55 demonstration rapier guard

5:10 overview

5:29 terza?

6:13 lunging quarta ?

6:18 recovering quarta?

7:02

7:46

7:48

8:36 prima?

9:16

9:19 context on exercise

10:12 conclusion

Tailbone Alignment

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Mechanics of Direction: crank, hyperextension, and throws

0:04 introduction

0:21 demonstration direction

1:33 example dagger play

1:48 other side

2:26 fundamental ways the arm breaks

2:26 crank

3:43 hyperextension

4:47 how do we get people to fall

6:19 demonstration

7:33 other side

7:56 how to work with a partner that is learning to fall

9:03 step 2 - staying with the partner

Posture Visualisation exercise

Index to come

Controlling Measure

What moves first? Initiation

0:04 introduction

0:11 example gentle swing

0:27 starting with the hands

1:00 starting with the hip

1:30 starting with the leg

2:03 exercise in order

2:18 consequences of your choices

3:12 example sword

3:42 context

3:58 example rapier

4:34 playing around with the concept

6:42 general guideline leading with the hand

7:30 hand leading in squads

8:05 reminder playing with gentle swing

Measure Class

0:04 introduction

0:33 example measure exercise

1:26 friendly handshaking measure

1:33 hand and elbow

1:39 hugging

1:46 known measures in fighting context

2:02 problem with making it artificial

2:30 stick exercise point

3:23 problem with working with different measures

3:54 partner exercise shoulder

5:10 partner exercise stomach poke

6:24 applying to weapon

7:39 rapier example

8:53 conclusion

The Stick Exercise

0:06 introduction

0:58 example partner exercise

1:09 going behind

1:35 going inside

1:53 example seminar

2:06 transition to class example swinging the stick

2:56 example class

Line Drills

0:04 introduction

0:17 first exercise moving the line
 0:38 example
 0:57 more on the exercise
1:15 second exercise crossing the hall
 1:31 example
1:50 third exercise change direction
 2:30 example
 2:48 more on the exercise
3:06 context behaviour in line drills
3:36 conclusion

Longsword Module

Longsword footwork class

0:04 introduction
1:09 guard position (tornare, passare)
3:24 shift the weighted foot (Accrescere, Discreocere)
5:06 summary
5:23 the three turns
 5:29 mezza volta
 6:39 tutta volta
 8:30 volta stabile
9:53 combining volate stabile and mezza volta with posta longa
 11:23 critical point
11:56 creating rear weighted guard position
16:05 footwork combination - Accressemente for di strada ?
 17:48 exercise
 18:42 point of the exercise
 19:07 further demonstration
20:47 importance of getting out of trouble
21:35 conclusion

The Magic Finger (longsword)

0:04 weight distribution when stepping
0:39 demonstration

1:05 behind

1:29 conclusion

Rapier Module

Rapier footwork class

0:04 introduction

0:37 warm up reminder

0:56 guard position

1:58 knee placement

3:09 guard position movement

4:34 probable limiting factors

5:37 the lunge

6:36 other side

6:48 problems of the back leg

10:38 issues with back knee

12:13 build up the lunge a bit

14:42 exercise leaning of the shoulder

15:42 other side

15:58 exercise combining leaning with the lunge

16:42 distinction right for the system right in general

17:47 recovering from the lunge

18:33 recovering forwards

19:00 front view

19:17 test if lunge is in competent range

19:36 exercises for improvement

20:19 the step

21:36 other side

21:54 useful exercise lift unweighted foot

22:37 exercise shifting weight independently

23:03 combining step with the lunge

24:18 passes

25:56 exercise part II footwork form

27:36 summary and conclusion

The Magic Finger (rapier)

0:03 the trick to stepping

1:16 partner exercise friendly finger going forwards

1:40 partner exercise friendly finger going backwards

2:05 summary

The Rapier Footwork Form

Bonus Material

Squats, pushups and plyometrics bonus material

0:04 squats

0:33 hindu squat / squat

1:00 critical things

1:38 reminder on safe training

2:13 approaching the squat

3:25 front

3:44 pushup

4:14 taking off the weight / wall exercise

6:58 to the ground

9:22 the squat pushup

9:45 side view

10:48 the jumping squad pushup

11:10 the jumping squad

12:35 reasons to train the twisty stuff

13:20 cross legged standup

14:00 twisting squads

14:53 twisting squad jump

15:27 pushup twisting squad jump burpee

16:24 conclusion

For teachers: some class exercises

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Basic Kicking

0:04 introduction

0:51 warmup / kicking preparation

0:51 ankle

1:16 knee rotation closed

1:31 knee rotation open

1:45 knee flick up

1:54 hip rotation

2:18 gentle squads

2:38 reach up and stretch forward

2:56 foot behind

3:26 knee open and drop

4:08 picking up the knee

4:44 reasons for no hand movement

5:18 leg swings

5:38 partner exercise leg swings

6:53 leg swing inside

7:30 combination partner exercise

9:02 the front kick

9:42 kick height rule

10:18 reason for using the heel

10:47 other side

12:22 exercise kicking while moving forward

12:50 the round kick

14:12 side view

14:40 other leg

15:10 putting together front and round kick

15:40 the side kick

16:51 other side

17:17 putting all kicks together

18:03 summary and conclusion

Your Questions: Bouncy footwork, breathing, and different body types

0:06 What about bouncy footwork, as in sport fencing?

4:57 Timing your breath to your strikes

7:43 What about different body types?