

Get Them Moving handout

Class Plan sample

Name	Guy Windsor
Date	13th July 2022
Duration	90min
Topic	Longsword mechanics (Fiore)
What is the ONE THING this class is about?	Moving smoothly, connecting the sword to the hand. Students should be moving better at the end than they were at the beginning.

Time	Content
18.00	Welcome and warm-up, emphasise the swing, and connecting feet to hands
18.15	Standing step drill, connecting feet to hands
18.20	Four guards drill, connecting hands to feet. Lead with the hand!
18.25	The Stick Exercise. Keep moving!
18.30	First 7 plays first master of dagger. Plus counter. Emphasis on turning opponent's hips.
18.45	Sword handling: six grips, up down around around.
18.55	Cutting drill, parts one and two (class already knows it). Emphasis on continuous movement.
19.05	Farfalla di ferro, continuous movement
19.15	Variations on the breaking the thrust drill, emphasis on continuous movement
19.25	Revise part 2 cutting drill, especially breaking the thrust
19.30	Close.

After Action Review	Notes
What went well?	Everyone's movement improved.
What could have gone better?	Students didn't know part two of the cutting drill, or the Farfalla, well enough to use them to practice movement. They're still stuck on the
What went according to plan?	Everything up to the cutting drill.
Where did the plan fail?	Students didn't know the basic drills well enough to actually use them, so we focussed on part two of the cutting drill and dropped the Farfalla, and used just the basic form of the breaking of the thrust as an example of moving relative to the opponent.