

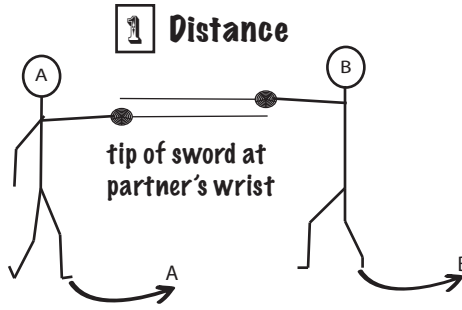
RING OF STEEL ACTION THEATER

CHEAT SHEET

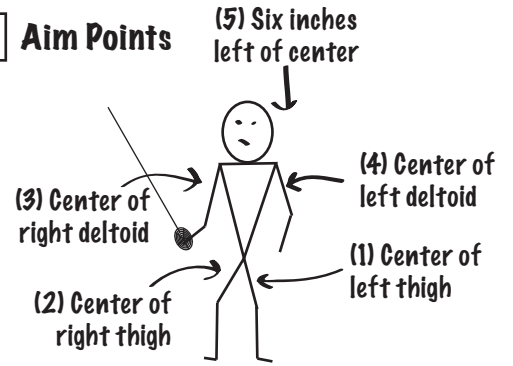
The Six Layers of Safety

4 Focus of Energy

Don't try to swing through your partner - aim for just two inches inside their parry and focus your energy out past them.



3 Aim Points



5 Choreography

Don't spar. Sparring leads to injuries and lawsuits.

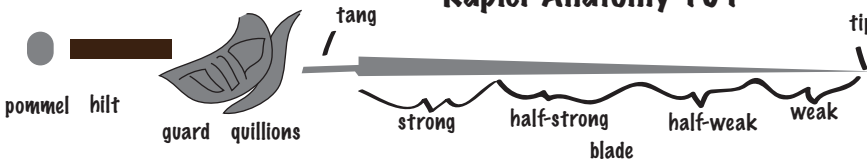
2 Simultaneous Movement

When A advances, B retreats & visa versa

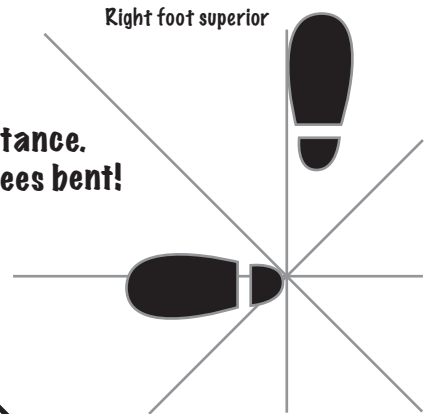
6 Practice

Practice, practice, practice,
Practice, practice, practice,
Practice, practice, practice.

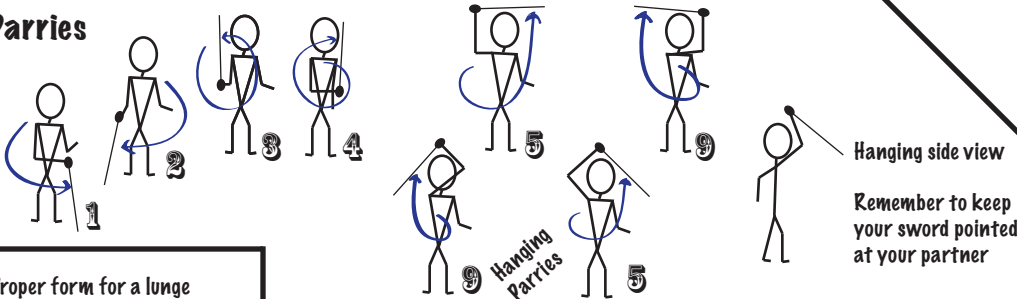
Rapier Anatomy 101



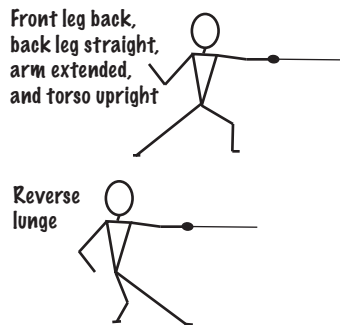
This is your stance. Keep your knees bent!



Parries

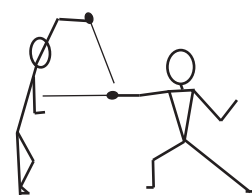


Proper form for a lunge

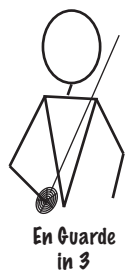


Voltes

Demivolte: 45 degree turn
Volte: 90 degree turn
Grande Volte: 135 degree turn
End a volte right with your left foot superior
End a volte left with your right foot superior



En Garde in 4



When facing your partner in an en guard position your blade should cross theirs with your tip just above their shoulder

Puntas

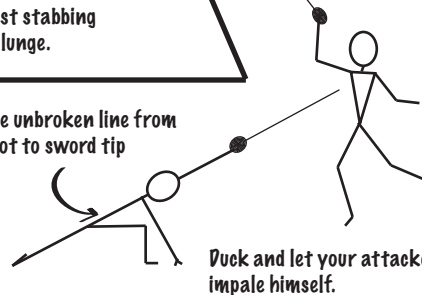


A punta is a lunge around the opponent's guard. Lead with your forward foot in the direction of the attack.

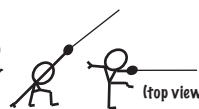


Passato Sotto

Note the unbroken line from back foot to sword tip



Can also be done with the straight leg forward or to the side. In this case, your arms form a line.



RING OF STEEL: ITHACA

RISLEY'S GREAT HALL
THURSDAY: 8:00 PM - 10:00 PM
SATURDAY: 2:00 PM - 4:00 PM

WILLARD STRAIGHT NORTH ROOM
MONDAY: 8:00 PM - 10:00 PM