

Beginning Technique for the New Fighter.

By Uhera Yochiro MKA Matthew Allen

Goals:

Develop basic body positioning and fighting stances.

AND

Impart a better understanding of shot mechanics and basic multi-shot techniques through practice.

Contents:

Fighting stances

- Weapon and Shield
- Single Weapon

Pail Drills

- Weapon and Shield Practice
 - *Single Shot, weapon Side
 - *Single Shot, off side
 - *Two Shot, weapon side start
 - *Two Shot, off side start
- Single Weapon Practice
 - *Single Shot, weapon side
 - *Single Shot, off side
 - *Two Shot, weapon side start
 - *Two Shot, off side start

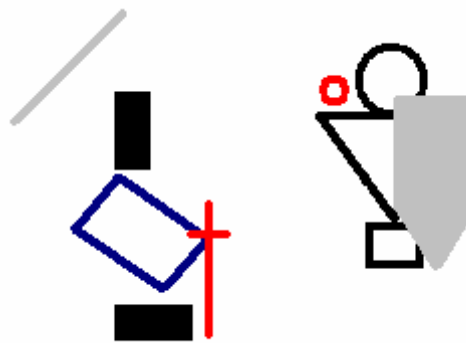
3 Shot Combinations

- Weapon and Shield
 - *Weapon side start
 - *Off side start
- Single Weapon
 - *Weapon side start
 - *Off side start

Stance:

The way you carry yourself and position your body relative to your opponent is essential. If you stand too square you offer a larger target area to your opponent. Standing with your side at an opponent makes it difficult to attack them. Below is the layout for a standard stance for Weapon and Shield.

NOTE: Center grip round shields will end up being perpendicular to your opponent. Remember to keep your elbow in as well.



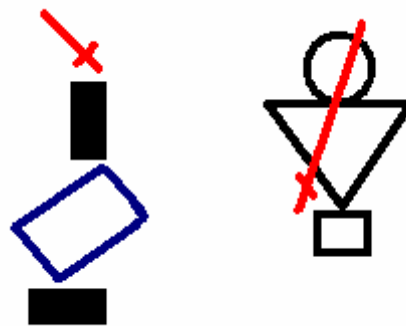
Basic Weapon and Shield Stance 1

To get into this stance:

- 1) Place your feet at 90 degrees, heels aligned, shoulder width apart. Your forward foot will point at your target. Distribute your weight evenly on both feet. Knees slightly bent.
- 2) The weapon will be pointed behind you and sit just off your shoulder, do not rest your weapon on your shoulder. Keep your elbow close to your side to prevent it from becoming a target.
- 3) Bring your shield up so you are looking over the top right corner at your opponent, the right edge of your shield will be over your body's center line. Keep your elbow in to keep the shield close to your body.
- 4) Because of the position of your feet, your body should be in the position of the blue rectangle.

This stance presents you with a solid footing as well as positions your shield to cover your forward and left sides. Defense on the right side is done with your weapon. The weapon's position over the right shoulder sets it into a "primed" or ready-to-fire state and keeps it close to defend from off side shots aimed for your head and body.

Single weapon fighting is different in that your weapon is your offence as well as your defense. When fighting single weapon your stance is very important.



Basic Single Weapon Stance

To get into this stance:

- 1) Place your right foot forward. Your left foot will be at 90 degrees and shoulder width from your right foot. Heels aligned, weight evenly distributed, knees slightly bent.
- 2) To position your weapon, put your empty hand behind your back to keep it out of the way. With your weapon arm, pull your elbow into your side and angle the weapon across your body until the tip is on the left side of your head.
- 3) The weapon's tip should be pointed towards the opponent's head.
- 4) Your Body should be oriented like the blue rectangle.

This stance gives you a good footing while setting your weapon for defense. Holding the sword across your head helps deflect blows that come vertically. Pointing the end of your weapon at the opponent's head give some space between you and the weapon, allowing you to defend a little more easily, and helps keep the opponent back.

Shot Technique:

Every blow you throw consists of three parts working together to generate the blow. The three components of each shot are hips, punch, and wrist movements. To see the components, pick up your weapon and try each of the following on your pail.

- 1) Wrist - Take your weapon in your hand and position it so with moving only your wrist you are able to hit the target. The hand should be palm up. Hit it a few times to get a feel for it.
- 2) Punch - Take your weapon in your hand and punch out to your target so that the weapon will hit. Hand should be palm up. Do this a few time to get a feel for the blow.
- 3) Hips - keeping your arm rigid, twist your hips to rotate your arm and body to land a blow on the target. Hand should be palm up. Try this a few times to get a feel for the shot.

After having done this you may notice that the shots aren't really that fast or don't have the power behind them that they should. By combining all of these components into a single fluid motion we are able to get the speed and power we need to generate a killing blow.

A Few Words on Pail work:

It is most people's tendency to want to throw their shots hard and fast. The idea behind pail work is developing your technique. From the technique you can gain speed and power. By throwing your shots slowly and fluidly at specific locations you learn to link multiple shots. Another reason for the slow pace of the practice is to keep your weapon and pail object from getting damaged and/or broken.

Something else to consider about pail work is that you don't need to have a weapon in your hand to practice. The techniques can most often be practiced empty handed. This is nice for the starting fighter who may not have a weapon handy between fighter practices. Practicing with a weapon when you can though will give you a better idea of the shot mechanics as well as how the shots feel with the weight of a weapon in your hand.

To begin developing your shot technique we'll start by learning a single shot, how to get all the components into the shot, and practice the shot aiming for different locations on our target. The following shots steps assume that you aim for a head level shot.

=Weapon and Shield Practice=

Single Shot, weapon side.

- 1) To begin get into Basic Weapon and Shield Stance 1 facing the pail.
- 2) To start throwing the shot twist your hips to the left while extending your arm. As your arm comes out, your hand should be palm up.
- 3) As your hips continue to twist and your arm extends, your right shoulder should end up pointing at your target.
- 4) As your arm becomes fully extended snap your wrist forward to hit the pail.
- 5) Return to stance.

When you twist your body to throw your shot your shield will move as well. An important thing to be aware of is your shield placement when you throw your shots. To keep your shield in front of you:

Heater: Depending on how the shield is strapped you'll want to bring your shield hand to your shoulder or try to tuck your hand in under your chin.

Center-Grip Round: When you rotate your hips try to put you hand over your solar plexus.

Things to check after each shot:

- Did you twist your hips?
- Is your arm fully extended?
- Did your wrist come forward to place the weapon on the target?
- Is your hand palm up?
- Where did your shield end up? Is it still protecting you?

When you go to practice this shot I suggest you throw this shot at least 50 times.

Single Shot, off side

- 1) To begin get into Basic Weapon and Shield Stance 1 facing the pail.
- 2) Lean slightly to the left and tilt your head as well.
- 3) Twist your hips to the right and begin extending your arm straight out. Your hand should be palm down. Due to the lean of your body your arm will be coming for the right side of the pail.
- 4) As your arm becomes mostly extended your shoulder should be pointed at head level of the pail. The palm should still be facing down.
- 5) Finish twisting your hips and extending your arm, snapping your wrist out to land the blow on the right side of the pail. The weapon hand should be palm down.
- 6) Return to Stance.

When you twist your body to throw your shot your shield will move as well. An important thing to be aware of is your shield placement when you throw your shots. To keep your shield in front of you:

Heater: Depending on how the shield is strapped you'll want to bring your shield hand to your shoulder or try to tuck your hand in under your chin.

Center-Grip Round: When you rotate your hips try to put you hand over your solar plexus.

Things to check after each shot:

- Did you twist your hips?
- Was your arm fully extended?
- Did your wrist come forward to place the weapon on the target?
- Was your hand palm down?
- Where did your shield end up? Was it still protecting you?

When you go to practice this shot I suggest you throw this shot at least 50 times.

Two shots, weapon side start

- 1) To begin get into Basic Weapon and Shield Stance 1 facing the pail.
- 2) Lean slightly to the left and tilt your head as well.
- 3) Twist your hips to the right and begin extending your arm straight out. Your hand should be palm down. Due to the lean of your body your arm will be coming for the right side of the pail.
- 4) As your arm becomes mostly extended your shoulder should be pointed at head level of the pail. The palm should be facing down.
- 5) Finish twisting your hips and extending your arm, snapping your wrist out to land the blow on the right side of the pail. The weapon hand should be palm down.
- 6) Bring the weapon back over the head and begin twisting your hips to the left.
- 7) As your hips twist and your arm extends, rotate your hand to the right to bring it palm up.
- 8) Your hips continue to twist to the left and your arm extends. Your shoulder should be pointed at the target.
- 9) As your arm becomes fully extended, snap the wrist out to land you second blow on the left of the pail.
- 10) Return to stance.

As with the single shots you shield will move as you twist your body to throw your shots. Refer to the earlier sections for tips on keeping your shield in front of you.

Things to check after this shot:

- Did you twist your hips for each shot?
- Was your arm fully extended when your weapon made contact?
- Did your wrist come forward to place the weapon on the target?
- Was your palm facing the right way?
- Where did your shield end up? Was it still protecting you?

When you go to practice this shot I suggest you throw this shot at least 50 times.

Two shots, off side start

- 1) To begin get into Basic Weapon and Shield Stance 1 facing the pail.
- 2) To start throwing the shot twist your hips to the left while extending your arm. As your arm comes out, your hand should be palm up.
- 3) As your hips continue to twist and your arm extends, your right shoulder should end up pointing at your target.
- 4) As your arm becomes fully extended snap your wrist forward to hit the pail.
- 5) Bring your hand to be in front of your face keeping you hips and shoulders as they are. As the hand comes up you should be looking into your palm and the sword will be vertical.
- 6) Twist your hips to the right and begin extending your arm straight out. Rotate you hand to be palm down. The sword will come to be over your left shoulder at this point.
- 7) Continue the hip rotation, extending the arm while you do so.
- 8) As your arm becomes mostly extended your shoulder should be pointed at head level of the pail. The palm should still be facing down.
- 9) Finish twisting your hips and extending your arm, snapping your wrist out to land the blow on the right side of the pail. The weapon hand should be palm down.
- 10)Return to Stance.

As with the single shots you shield will move as you twist your body to throw your shots. Refer to the earlier sections for tips on keeping your shield in front of you.

Things to check after this shot:

- Did you twist your hips for each shot?
- Was your arm fully extended when your weapon made contact?
- Did your wrist come forward to place the weapon on the target?
- Was your palm facing the right way?
- Where did your shield end up? Was it still protecting you?

When you go to practice this shot I suggest you throw this shot at least 50 times.

=Single Weapon Practice=

Single Shot, weapon side.

- 1) To begin get into Basic Single Weapon Stance facing the pail.
- 2) To start throwing the shot twist your hips while extending your arm.
As your arm comes out begin to rotate your hand to the right so it will be palm up.
- 3) As your hips continue to twist and your arm extends, your right shoulder should end up pointing at your target. The palm of your hand should be facing up at this point
- 4) As your arm becomes fully extended snap your wrist forward to hit the pail on its left side.
- 5) Return to stance.

Things to check after this shot:

- Did you twist your hips?
- Was your arm fully extended when your weapon made contact?
- Did your wrist come forward to place the weapon on the target?
- Was your palm facing up?

It is important to keep your free hand behind you when you use single weapon. Doing this during practice will help you do it during a fight.

When you go to practice this shot I suggest you throw this shot at least 25 times with both your left and right hands.

Single Shot, off side

- 1) To begin get into Basic Single Weapon Stance facing the pail.
- 2) To start throwing the shot twist your hips to the right while extending your arm. As your arm comes out begin to rotate your hand to the left so it will be palm down.
- 3) As your hips continue to twist and your arm extends, your right shoulder should end up pointing at your target. The palm of your hand should be facing down at this point
- 4) Finish twisting your hips and extending your arm, snapping your wrist out to land the blow on the right side of the pail. The weapon hand should be palm down.
- 5) Return to Stance.

Things to check after this shot:

- Did you twist your hips?
- Was your arm fully extended when your weapon made contact?
- Did your wrist come forward to place the weapon on the target?
- Was your palm facing down?

It is important to keep your free hand behind you when you use single weapon. Doing this during practice will help you do it during a fight.

When you go to practice this shot I suggest you throw this shot at least 25 times with both your left and right hands.

Two shots, weapon side start

- 1) To begin get into Basic Single Weapon Stance facing the pail.
- 2) To start throwing the shot twist your hips to the left while extending your arm. As your arm comes out begin to rotate your hand to the right so it will be palm up.
- 3) As your hips continue to twist and your arm extends, your right shoulder should end up pointing at your target. The palm of your hand should be facing up at this point
- 4) As your arm becomes fully extended snap your wrist forward to hit the pail on its left side.
- 5) Bring your arm up so you are looking into your palm.
- 6) Begin to twist you hips back to the right, extending your arm and rotating your wrist to the left to bring your palm facing down.
- 6) As your hips continue to twist and your arm extends, your right shoulder should end up pointing at your target. The palm of your hand should be facing down at this point
- 7) Finish twisting your hips and extending your arm, snapping your wrist out to land the blow on the right side of the pail. The weapon hand should be palm down.
- 8) Return to stance.

Things to check after this shot:

- Did you twist your hips?
- Was your arm fully extended when your weapon made contact?
- Did your wrist come forward to place the weapon on the target?
- Was your palm facing down?

It is important to keep your free hand behind you when you use single weapon. Doing this during practice will help you do it during a fight.

When you go to practice this shot I suggest you throw this shot at least 25 times with both your left and right hands.

Two shots, off side start

- 1) To begin get into Basic Single Weapon Stance facing the pail.
- 2) To start throwing the shot twist your hips to the right while extending your arm. As your arm comes out begin to rotate your hand to the left so it will be palm down.
- 3) As your hips continue to twist and your arm extends, your right shoulder should end up pointing at your target. The palm of your hand should be facing down at this point
- 4) Finish twisting your hips and extending your arm, snapping your wrist out to land the blow on the right side of the pail. The weapon hand should be palm down.
- 5) Bring your arm back, passing the weapon over your head.
- 6) To start throwing the second shot, twist your hips to the right while extending your arm. As your arm comes out begin to rotate your hand to the left so it will be palm up.
- 7) As your hips continue to twist and your arm extends, your right shoulder should end up pointing at your target. The palm of your hand should be facing up at this point
- 8) Finish twisting your hips and extending your arm, snapping your wrist out to land the blow on the right side of the pail. The weapon hand should be palm up.
- 9) Return to stance.

Things to check after this shot:

- Did you twist your hips?
- Was your arm fully extended when your weapon made contact?
- Did your wrist come forward to place the weapon on the target?
- Was your palm facing the right way?

It is important to keep your free hand behind you when you use single weapon. Doing this during practice will help you do it during a fight.

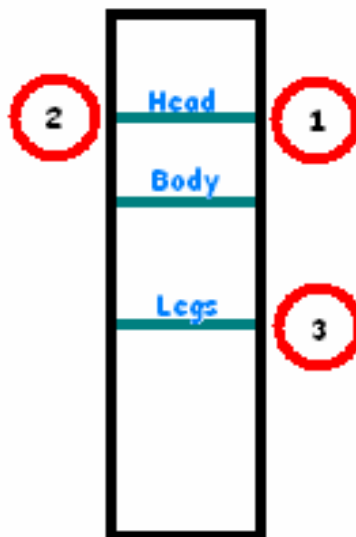
When you go to practice this shot I suggest you throw this shot at least 25 times with both your left and right hands.

=3 shot combinations=

Shield, on side start

- 1) Begin by getting into Basic Weapon and Shield Stance 1 facing the pail.
- 2) For the first shot, throw an on side shot for the head.
- 3) Bring your weapon hand up so you're looking to your palm.
- 4) For the second shot, throw an off side shot for the head.
- 5) Bring your weapon arm back, passing the weapon over your head.
- 6) For the third shot, throw an on side shot for the left side leg. Do this by dropping your shoulder to point for the target leg.
- 7) Return to stance.

The Combination ends up doing this:



You can change where you aim your shots to work on different location combos. Try the following as well as some of your own.

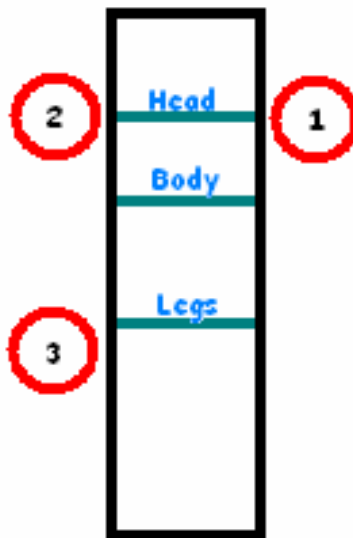
- Head, Legs, Legs
- Head, Body, Leg
- Legs, Head, Head

When you go to practice this shot I suggest you throw it at least 20 times.

Shield, off side start

- 1) Begin by getting into Basic Weapon and Shield Stance 1 facing the pail.
- 2) For the first shot, lean your body and throw an off side shot to the head.
- 3) Bring your weapon back, passing it over your head.
- 4) For the second shot, throw an on side shot to the head.
- 5) Bring your weapon up so you are looking into your palm.
- 6) For the third shot, throw an off side shot for the left leg, inner thigh.
Do this by dropping your shoulder to point for the target leg.
- 7) Return to Stance.

The Combination ends up doing this:



You can change where you aim your shots to work on different location combos. Try the following as well as some of your own.

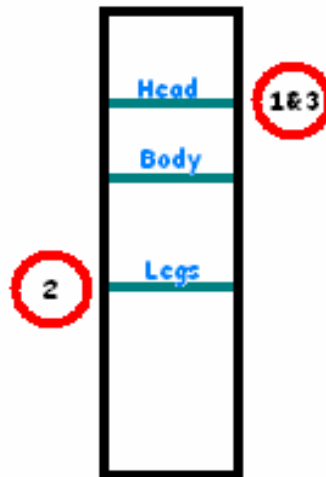
- Head, Legs, Legs
- Head, Body, Leg
- Legs, Head, Head

When you go to practice this shot I suggest you throw it at least 20 times.

Single Weapon, on side start

- 1) Start by getting into Basic Single Weapon Stance facing the pail.
- 2) For the first shot, throw an on side shot for the head.
- 3) Bring your arm up so you are looking into your palm.
- 4) For the third shot, thrown an off side shot to the right leg. Do this by dropping your shoulder to point for the target leg.
- 5) Bring your arm back, passing the weapon over your head
- 6) For the third shot, throw an on side shot for the head.
- 7) Return to Stance.

The Combination ends up doing this:



You can change where you aim your shots to work on different location combos. Try the following as well as some of your own.

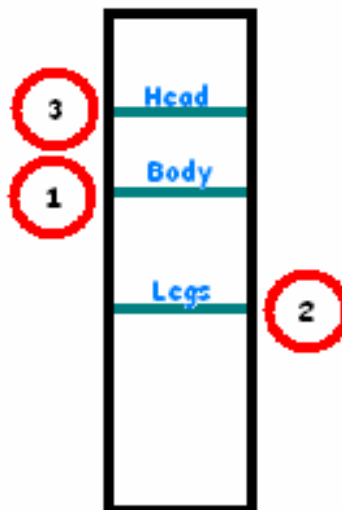
- Head, Head, Head
- Body, Body, Head
- Legs, Head, Head

When you go to practice this shot I suggest you throw it at least 10 times with each arm.

Single Weapon, off side start

- 1) Start by getting into Basic Single Weapon Stance facing the pail.
- 2) For the first shot, throw an off side shot for the body.
- 3) Bring your arm back, passing the weapon over your head.
- 4) For the second shot, throw an on side shot for the right leg, inner thigh. Do this by dropping your shoulder to point at the target leg.
- 5) Bring the sword up so you are looking into your palm.
- 6) For the third shot, throw an off side shot to the head.
- 7) Return to stance.

The Combination ends up doing this:



You can change where you aim your shots to work on different location combos. Try the following as well as some of your own.

- Head, Head, Head
- Body, Body, Head
- Legs, Head, Head

When you go to practice this shot I suggest you throw it at least 10 times with each arm.

Epilogue

This document is laid out to help you in private practice but I strongly encourage that you attend your local fighter practices. At fighter practice you can begin to apply what you've learned as well as pick up new techniques or learn to refine others from the veteran fighters.

As with anything you desire to become skilled in you must practice, practice, practice. When you find that you have some time try throwing some shots. Eventually the motions will become second nature. It will take time to become proficient but I urge you to keep going. Once you get to be an authorized fighter is when the real fun begins.

-Yochiro

Please send any questions, comments, or errata to:

Uhera Yochiro
Matthew Allen
1731 J.C. St.
Waynesville, Mo
65583

E-mail me at:
JesterBorris@gmail.com