

Triangle Sword Guild

Training Resource Guide

Intro Class – Set 2

Footwork Drills

Footwork is essential for a) maintaining proper balance and b) establishing proper distance. When doing all footwork drills, make sure students are maintaining good posture and keeping their toes in-line with their knee. Generally, their toe should point the direction of their movement. Most new students also stand too upright, so make sure students bend their knees appropriately.

Basic Steps

Have students start with feet squared up and step forward with one foot, bending into the step. Repeat and switch feet. Then transition so they start with one foot back and do a full passing step with it. Then move to more explosive passing steps with deeper stances.

Sword Stepping

This drill is helpful to get beginners used to keeping an open stance and to introduce the basic types of footwork. Have them place their swords on the ground and stand over it, one foot on each side. Then introduce simple steps and passing steps and have them do these steps without stepping on the sword. Make sure they don't look down. Introduce stepping out to the side as well.

Simple Step Drill

Start in any guard, one foot forward. Start advancing with simple steps (forward foot leads, rear foot follows, forward foot remains in front). Do the first half of your distance slow, then the second half at a sprint. Stop at the end. Then go backwards the same way. Switch feet. Make sure students aren't hopping or shuffling.

Pass-Steps

Each pass-step is combination of a passing step followed by a quick simple step. These should be done so that each pair is done fluidly together, though it's okay to pause momentarily between pairs of pass-steps. Chain the pairs of pass-steps together down a set length and back.

Traverse Steps

A two step drill. Take quick a passing step outward and as soon as you land on that foot, traverse 90 degree to the side with your other foot. Make sure students aren't hopping or shuffling. On the traverse, it's helpful to bend deep into the step, like a lunge. After a few plain traverses, have them follow-up with a triangle step with the first foot to finish the sequence (e.g. pass with the right, traverse with the left, triangle with the right). Repeat and switch feet.

Circle Running

Have the entire group run in a circle in the following progression

- a. Simple running
- b. Simple Steps (right foot)
- c. Simple Steps (left foot)
- d. Simple running

- e. Side to side, facing inward
- f. Side to side, facing outward
- g. Simple Running
- h. Crossovers (e.g. Back foot crossed in front of forward foot+ forward foot steps. Back foot, crosses in back of forward foot + forward foot steps. Repeat.)

Direction Changes

The goal of these exercises is to warm up the feet for quick direction changes. Proceed according to the following progression

- a. Start with a simple step forward then one back. Repeat.
- b. Add multiple steps forward and multiple back. Repeat.
- c. Now occasionally add traverse steps, while continuing the forward and back. Repeat.
- d. Now occasionally add multiple traverse steps (back and forth), while continuing. Repeat.
- e. Shadow boxing with the feet moving in all directions doing quick changes.