

Weapon Technique Videos

Rifle Exercises

- [Back Hands and Hand-to-Hand Changes](#)
- [Basic Spins](#)
- [Left Hand Placement During Spins](#)
- [Spin Variations](#)
- [Spins, Wrists, Stops, and Angles](#)
- [Starts & Stops](#)
- [Thumb Placement During Spins](#)
- [Wrist Rotations](#)

Rifle Tossing

- [Hand Positioning](#)
- [Singles, Doubles, Triples](#)
- [Stronger Rifle Catches](#)
- [Trick Tosses](#)

Sabre Exercises

- [Pull Hits](#)
- [Spins](#)
- [Tracking](#)

Sabre Tossing

- [Blade Toss Positioning](#)
- [Catch Tape Training for Hilt Tosses](#)
- [Catching Blade Tosses](#)
- [Hilt Toss Positioning](#)
- [How to Catch Tape on Hilt Tosses](#)
- [Thumb Placement on Blade Tosses](#)