

Macros

The objective is that each macro starts with a different number (I starts with a 1, II starts with a 2, etc), and each macro has 1 "special" attack.

Macros, version 3 - last updated 8/11/2017

I

1 4 thrust-2 3

II

2 4 2 shove 3 4 5

III

3 1 spin 2 3 5

IV

4 1/dodge 3 5 3

V

5 kick 2 4 5 1

Now what?

What we want beginners to focus on in the first few weeks are 5 things.

- 1, targets - memorizing where they are, and then practicing being on-target.
- 2, macros - not merely memorizing the sequence, but mastering the kinesthetics.
- 3, grounding - this and core strength are the foundation for everything that follows.
- 4, pointing/casting - the safety pre-requisite for everything that follows.
- 5, move your feet - what makes beginners stop looking like beginners.

Once you've memorized the macros, then you can practice chaining them together. Try alternating one macro each with your partner, but also experiment with longer chains. E.g., Alice attacks with V into III; Bob responds with II followed by I. See if you can make it look like one smooth piece of choreography.

What To Watch For

- * Start out of range of each other.
- * Start in a guard. Don't start in pizza stance.
- * Defenders control how much the fight; as such, defenders usually need to take bigger steps backwards than they think they need to.
- * Most people undercommit to an attack, because they're not goons and don't actually want to hurt their partner. Don't be a goon, but do commit to attacks.
- * Blocks should be as close to vertical as comfortable, and close to your body. Get comfortable (by going slowly!) in having your partner attacking you.
- * As things feel easier and easier, grab a third person to watch you. For *each* attack and for *each* defense: are you doing what we practice in drills?
- * Can you both move more? Note where you both start from, and do a series of macros back-and-forth. Now do it again, and try to move another 1-2 feet more up and down the floor.
- * Keep things slow. If your partner wants to go faster than you're comfortable with, tell them!

Drills

Grab a 3rd person to watch you and your partner.

1. Targets 1 through 5. Halfway between joints.
2. Grounding. Don't pop up as you take a step. Be ready to tackle your partner at any moment.
3. Pointing (aka casting). Point the tip of your saber past your partner; one exercise is that your partner only moves and doesn't block.
4. Foot movement. Move more: the goal is for the defender to simply get out of range.
5. Body movement. While maintaining a rock solid grounding, be able to move the torso in any direction.
6. Attacker in control at start, unbalanced at end. Defender is the reverse.
7. Vocalization/reacting. Get used to making sounds while still doing everything above correctly.

Kicks: standing leg stays stable while kicking foot comes up to knee height. For roundhouse, flip hip over as foot raise finishes. Use strong foot retraction after kick to control where foot is placed down.