

SATURDAY			
1:30-2:45pm	<u>Intro to Karate</u>	<u>Open - Quarterstaff</u>	<u>Advanced - Espada y Daga</u>
Teacher	Dr. M Aziz	Ryan Spickard	Pierce Williams
	Karate (translated as 'empty hand') is an ancient method of unarmed fighting with a moral warrior code emphasising punching, striking and kicking. It was developed on the Island of Okinawa (now part of Japan) by fusing local fighting skills with techniques from near-by China. This is a martial arts class that will help ground your stage technique, and is best suited to beginners.	Besides the 'rock', which is probably the first implement bipeds ever used as a weapon, 'stick' (short or long) comes in a close second as the simplest, and most versatile instrument used in the history of the world's armory. Blocking, striking, thrusting. Hell, put a point on the end and throw it! We'll look at the basics of grip, short and long form, striking patterns, and flourish techniques to impress your friends and colleagues.	A different look at our standard double fence practice of Rapier & Dagger. We shorten the blades and focus on getting inside while maintaining the panache with fluid movements & attacking the blade.
3:00-4:15pm	<u>Intro Parkour - Not Flying: Falling With Style</u>	<u>Open - Double fence</u>	<u>Advanced - 2-Handed in the A-Range</u>
Teacher	Brandee Laird	Geof Alm	Firen Williams
	Is there anything more stylish than not getting hurt from an unexpected fall? This session will explore what it looks like not just to learn falling, but to take it on as a dedicated activity to maintain adaptability and safety. Participants will learn (or be reminded of) basic breakfall and rolling techniques before expanding into modules focusing on learning how to upkeep a safe and productive falling practice	The challenge of using two weapons of the same length. Think Case of Rapiers, and how to keep both weapons relevant to the fight.	This class aims to answer the age-old question of "What do I do with a Two-Handed Sword when I'm in too close?" We'll explore A-B-C Ranging, Half-sword, and the intersection of Two-Handed Sword and Grappling through technical drilling and small combos that you can record!
4:30-5:45pm	<u>Open - Pro Wrestling for Actors</u>	<u>Intro - Threading the Needle: Decoding Mamluk Swordplay</u>	<u>SPR work/open choreo</u>
Teacher	David Elwyn	Da'Mon Stith	Paul Ray
	In this class, we will use the extremely distinctive and larger than life art of Pro Wrestling, both American and Mexican, to bring our Unarmed game to new levels! We will run through the conditioning, basic tumbling, and the use of hold and "chain wrestling" that every champion of the Squared Circle learns! This class is set for ONE FALL! Note: students should come prepared to MOVE, with knee and elbow pads if possible, and be prepared for very close grappling. Tumbling or gymnastics experience highly recommended.	Uncover the mysteries of Mamluk swordsmanship. From the 13th to the 16th century, the Mamluk Empire, located in Egypt, the Eastern Mediterranean, and Western Asia, was ruled by a proud military caste of Mamluks (freed slave soldiers). In this class we will focus on a their deadly cutting exercise, referred to enigmatically as "threading the needle", as detailed in the fascinating a 15th-century military treatise referred to as "Kitāb al-makhzūn jāmi' al-funūn" (The treasure that combines all arts). This exercise consists of twelve cuts targeting vulnerable areas of the body and bears a striking resemblance to the twelve fundamental strikes of El Matreg, a martial tradition practiced in present day Algeria where the stick serves a substitute for the sword... Could there be a link? In this class we will unlock the hidden secrets of this fatal striking pattern and how it applies to single combat, as well as its connection to living traditions in North Africa and the Middle East.	For those planning on completing an SPR in Single Sword, this time period will provide you with concentrated rehearsal and choreo time in preparation for filming the scenes during Sunday's lunch period.

SUNDAY			
1:30-2:45pm	<u>Open Parkour - Obstacles as Opportunities</u>	<u>Advanced - Tomahawk</u>	<u>Intro - Shotel "Sabre and Sickle": Exploring Swordplay in the Abyssinian Empire</u>
Teacher	Brandee Laird	Kevin Inouye	Da'Mon Stith
	In this session, participants will get to explore and enhance their abilities regarding the use of common obstacles and props such as tables, chairs, benches, thresholds, and changes in elevation. Using practical drills and conceptual application, students will build upon and improve their practice of navigating physical space in order to turn obstacles into opportunities.	The small axe has so many choreographic possibilities, and so many applications to weapons from across cultures and time. We'll focus on the single small axe as a functional shape and tool rather than a specific martial tradition, exploring choreographic potential of form you can apply to tomahawks, war hammers, entrenching tools, or more. This isn't any of your SPT weapons, it's several wrapped up in one!	The shotel, is the iconic sickle sword of medieval Abyssinia, which features a double-edged, often semicircular blade suitable for delivering slashing, hacking, and piercing strikes. Its origins are shrouded in mystery, with some linking it to the kingdom of Axum and others to Emperor Amda Seyon's elite troops, the Bashar Shotel. Notably, it played a pivotal role in the battle of Adwa against the Italian army. In this class, we'll delve into shotel techniques alongside the gashaa (shield), drawing from historical accounts, regional art, and living traditions.
3:00-4:15pm	<u>Intro - Japanese Martial Arts</u>	<u>Open - Yoga for the Actor</u>	<u>Advanced - Intent Through Extension: The Point Supreme</u>
Teacher	Dr. M. Aziz	Nora Kabbani	Geof Alm
	Budō (武道) or Japanese martial arts were born from the need for protection and combat. During the Edo Period (1603-1867), those who belonged in the highest-ranking social class were called the bushi (武士) or samurai. These warriors rigorously practiced combat skills and eventually handed down their philosophies and techniques to the following generations. In the present time, practitioners no longer use the martial arts of Japan for combat. Through time, they have become reliable self-defense skills. In modern times, they are practiced for educational values, aiming to encompass spiritual, moral, cultural, and physical growth. This class will offer an introduction to techniques from various Japanese styles, and will help your stage technique look clean and grounded.	Vinyasa yoga is also known as "flow yoga." We will spend some time setting up each shape then flow through the sequence with breath to movement. Very dynamic and expressive!	It's the point! This class will focus on the intricacy of the point work, which defines this style.