

# SABER LEGENDS LIGHTSABER ACADEMY

**CURRICULUM** 

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Sources are referenced in the appendix.

#### FOREWORD:

As we embark in this journey about swords, fantasy and sport, I think a little context is necessary to fully understand this crazy passion we have with a light sword from a long time ago, in a galaxy far away.

My love affair with swords started long before I ever held one in my hands. As children we used to grab sticks on the yard and pretend they were the swords of heroes from movies and cartoons we loved. From the Thundercats' Sword of Omens, to Excalibur and the brave knights who wielded such swords, we were mystified by purity and honor that the legends of such weapons embodied. But none held more renown than the mighty katana, the sword of the samurai, a symbol of honor, tradition and bravery the likes of which the world has not seen since.

Then, came George Lucas with his fantastic tales of space monks and their light swords in a story from "A long time ago, in a galaxy far, far away..." and we were immediately in love with it.

I speak in plural when I talk about the history of Saber Legends because this is hardly a one man show. It is the love child of my siblings (Roberto Andino, Victor Andino, Ginny Andino and myself).

Our first real experience with martial arts came when we started taking karate lessons as teenagers in the University of Puerto Rico in 1994. Victor was the first to start, and out of curiosity (plus a desire to not get beat up by our youngest sibling) the rest of us followed suit. What followed was a love affair with martial arts that would follow us the rest of our adult lives. This love affair continues to the point that Victor and I became martial arts instructors, Roberto followed a military career and Ginny collects all kinds of swords and mystical knives.

By 2015 I already owned my own studio where Victor and I taught a regular karate class and had a traditional Japanese sword practice once a week (laido and Kenjutsu) as taught by our late teacher Hanshi Guillermo A. Garcia. But interest in Japanese sword was hard to instill in

new practitioners and we had few friends with whom we could practice seriously at the level we wanted.

Roberto, having followed a military career, was stationed in Canada working with NORAD. He told us about this group called River City Jedi which was basically a group of sword enthusiasts and Star Wars nerds that got together to practice, exercise and compete in swordplay but using the lightsaber. We were sold instantly. But, living in Puerto Rico, where would we find such a group? We immediately started researching and looking for local groups we could join but there were none to be found. In our research, Roberto introduced us to the curriculum that the River City Jedi based their practice on; the TPLA (terra prime light armory) and their headmaster Chad William Ironmonger (legally, Chad W. Eisner, or, Master Nonymous) and his system for teaching lightsaber combat. We also came across various international groups to include Ludosport, Lightspeed Academy, and The Saber Legion to name a few, but none had representation in Puerto Rico.

That's when Victor and I decided to "bite the blaster bolt" and start our own. This was long before such hybrid sports had gained mainstream exposure. Fully aware that the traditional martial arts community would question the validity of such an endeavor, others would mock us and many serious martial artists would label us as a joke, we decided to start our group with integrity and seriousness, bringing to the table our knowledge and experience from Japanese martial arts and Olympic Fencing. That methodical, disciplined and sincere approach paid dividends.

The group took root and pretty soon it was one of the largest classes being taught at the studio.

Since then we have gotten national and international recognition. The Combat Lightsaber sport has gained international recognition as a legitimate "combat sport" by the French Fencing Federation. Saber Legends has furthered the sport in Puerto Rico, being invited to various fan fests to showcase and teach lightsaber combat and at various martial arts events and being named charter representatives for Puerto Rico in The Saber Legion.

# THE LIGHTSABER / L.E.D. SABER

No, we are not crazy, and are fully aware that the technology to create a working lightsaber is only viable in our wildest science fiction fantasies (and that might be a good thing, given the potential and possibly self destructive possibilities of such a weapon for the wielder).

The lightsaber we use is also known as a L.E.D. (Light-Emitting Diode) saber. Basically a high intensity flashlight with a polycarbonate (high strength plastic) tube attached to its business end, a "glowstick sword" proxy if you will; but it is there where its versatility and beauty reside. Suddenly you can have any sword you fancy in the palm of your hand. With this training device you can have experienced fencers practice against one another regardless of their background. Dissimilar styles and pedigrees can practice with one another free of the politics that traditional sword schools entail. And you can have complete newbies just walk in and enjoy the sport without feeling overwhelmed by their lack of ability compared to more seasoned swordsmen.

Pair that with a good dose of fan lore and fantasy adopted from that very famous science fiction "space opera" fantasy universe and you have an activity that anyone can enjoy regardless of their age, gender or physical condition.

And thus SaberLegends was born.

There are many companies out there that make combat worthy LED sabers. You can check the appendix on this book for references to some of them. But one thing is constant: It is a training weapon and in class we treat it as such. It is not a toy to be played with and it is a tool to be taken care of and treated with respect.

For this there are certain rules that have been placed in order to keep practices safe and fun for all.

## RULES: SAFETY FIRST!

You should not touch or handle a lightsaber that does not belong to you unless explicitly authorized by the owner of said saber.

During class sabers are to be used only in the manner authorized by the instructor.

Sabers with sound should be muted or muffled during class

Weapons other than LED sabers (Bokken, Shinai, wooden staffs, boffers etc) will only be used at the discretion of the lead instructor

Sparring and contact should be done only when wearing appropriate protective gear and under the supervision of an instructor.

Equipment should be well maintained. No broken blades, blades without tips or hilts with leaking batteries should be used for practice.

Same goes for protective gear. Protective gear should be in good repair, fit properly and be worn correctly for practice.

# PHYSICAL TRAINING AND BODY CONDITIONING

Sword play is a physical activity. As such the body should be ready for the physical exertion that embarking in such a practice entails. You should consult your doctor if you have any preexisting condition that might affect you. You should always let the instructor know of any conditions you might have even after being cleared by a Dr. So they know to respond accordingly in the event of an emergency.

That being said, lightsaber training is supposed to be fun, and anyone can benefit from the physical activities and conditioning that comes with it. As such we have devised a set of games that are tailored to prepare the body for such work. Every class should start with a warm-up routine to include one or more of these.

#### CROSSFIT DICE.

The exercise dice (or "The Holocron of Pain" as we named ours), are a great way to get the group engaged into doing the physical exercises for class. Depending on the amount of people, each takes a turn rolling the dice and everyone has to do the exercise to the best of their abilities. There are many different dice out there and the more varied you have the more interesting the game becomes. There is no requirement to finish such exercises as long as you give it your best effort.

#### YOGA

Yoga is a great way to prepare the body and mind for saber training. Yoga combines stretching and body-weight challenging poses to strengthen and increase the body's flexibility. You don't have to be a yoga instructor or avid practitioner just learn a basic flow and repeat it ten to fifteen times.

#### SABER CALISTHENICS

Just like regular calisthenics, just holding your saber while you do them. These are to include cardio, strength and stretching exercises to prepare the body for sabering. Keep in mind that the goal is to warm-up and strengthen the body for the upcoming sabering session so don't over-do it. These might include head shoulder and hip rotations, push-ups, burpees, sit-ups, crunches, jumping jacks, running in place, calf lifts, squats and stretching exercises.

#### STRAIGHT-UP WORKOUT SESSION

The goal is to keep it varied and fun. Do whatever exercise routine interests you as long as you are doing the exercises correctly and avoiding injury. Want to try Tae-Bo, aerobics, Zumba, weight lifting? Go for it!

# RULES AND GAMES

# KING OF THE HILL (KOTH)

Our rules are as follows:

Matches can be scored as first blood, or timed matches up to 3 pts. The winner stays to fight another round. Each round is worth 1 tournament point. There are 2 winners at the end of the contest: last man standing. Winner with the most accumulated points.

In tournaments where the last man standing is not used, that position can be awarded X amount of tournament points with a tournament point awarded to the loosing player for that match.

For short practices, where standing is not important, the last man standing can be used to determine the winner of the game, foregoing the points system.

# SCORING TARGETS: (CAN BE USED AS SCORING GAMES AS WELL)

The head hunt - Only clean headshots count for points, 1 point per hit, can reset after each point or run a tally to a time limit

Hand hunt - Only strikes to the wrist, cutting off the entire hand are scored, 1 point per hit, can reset after each point or run a tally to a time limit

Body hunt - elbows and inward, knees and upward to include center trunk. are scored at 1 point. Forearms and shins don't count. Headshots and groin -1 point down to zero

LARP- Extremities hit means you lose the use of that extremity until a point is scored but do not grant points, head and body hits score a point and re-set the encounter.

#### **SCORING SCHEMA:**

First blood- there are occasions where both oponents will complete a technique that results in a successful strike (for example one opponent goes for a head shot while the other simultaneously attempts a body shot) in this case, whoever touched first would in theory have incapacitated the opponent, therefore only the first hit is scored. This makes for very aggressive swordplay and simple scorekeeping, albeit at the expense of parrying finesse

Right-of-way: Whoever initiates a strike first (by "chambering" or drawing back the saber behind their centerline) has "right of way" for that strike, and the opponent must either block, parry or evade the strike in order to cancel that right of way. Right of way is determined for each strike, and only the opponent with right of way can score successful strikes, so simultaneous strikes only benefit the opponent who gained right of way. This is more challenging to score/referee, but forces opponents to exercise their defense in an intentional fashion.

# FRENCH FENCING FEDERATION RULESET (TPLA)

For information on TPLA scoring system please refer to the TPLA source material: www.terraprimelightarmoury.com

Scoring app available in google play store (in French)

# UNITY RULESET (TSL)

For information on the Unity Ruleset and The Saber Legion, please refer to the source material: www.thesaberlegion.com

#### LIGHTSPEED RULESET

For information on the Light Speed Ruleset, please refer to the source material: www.lightspeed-saber.com

## BURNOUT RULESET:

Burnout is a fitness training ruleset developed by Roberto Andino and Johnny "JD" Howard to use sabering as a physical training (PT) activity

10 reps of an exercise facing each other at starting distance from the opponent.

As soon as you finish your 10 reps you can attack and/or defend (first to finish has an advantage, this is a race!) this can be combined with most any scoring schema and target set(Head Hunt, Hand Hunt, Body Hunt etc.)

Every time a point is scored the set is reset and starts with the 10 exercise reps race.

Match is to 5 points. Winner of each point gets to pick next sets of exercises for the 10 rep race.

# SCOTTISH LOCK RULESET:

Scottish Lock was brought to us by Austin "Tikki" Barber and Roberto Andino. Single handed encounter, an unused hand is "locked" with the opponent's own either in a "handshake" fashion, by curling the fingers into each other's fist or grabbing each other's wrists (Possible variation would be both opponents holding on to the opposite ends of a small handkerchief). Targeting is either a head hunt or body hunt and locked hands can be used to block, push or pull your opponent out of balance, however, releasing your opponent grants them a point and re-sets the encounter, this is a very physical type of confrontation so care must be taken to keep the bout vigorous but not aggressive.

#### **BLASTER DEFLECTION**

Blaster deflection is a fun way to develop reflexes and situational awareness. It is also great and whimsical way to take a break from the more serious aspects of sabering.

The defendant must stay within a demarcated circle (hula hoop) while the attacker shoots from a static position usually 15 feet away. Safety goggles must be worn by the defendant and low velocity foam dart guns (nerf <sup>™</sup>). If the attacker hits his mark they earn 1 point. If they miss the defendant gains 1 point. If the defendant steps outside the circle the attacker gains 1 point. If the defendant manages to hit the dart mid air with his saber he gains 2 points. The match ends at 10 points.

#### SABER BASICS

# **GRIP (HOLDING YOUR SABER)**

Two handed grip: The saber is held with two hands, the leading hand as close to the emitter and center of balance of the blade as possible and the off-hand as far back in the hilt as possible to maximize torque and blade control.

**Single handed grip**: The sager is held with a single hand usually your dominant hand and as close to the emitter or enter of balance as possible. The grip should be firm but relaxed in order to allow for flexibility of the wrist.

#### STANCES

Stances are the different postures to assume while holding your saber. They are not meant to be static positions but rather the correct body alignment to transition to while executing a technique.

#### **ACCELERATIONS**

Accelerations are offensive movements executed with the saber. These can be cuts, slashes, thrusts or touches meant to make contact with an opponent.

#### PARRIES

Parries are defensive movements meant to stop the opponent's blade from making contact. They are meant to present a barrier that stops the movements of the opponent's blade and impede its continuing motion towards its intended target.

#### DEFLECTIONS

Just like parries, deflections are defensive movements but instead of stopping the opponents blade they are meant to redirect their blades arc of movement in a direction in which it is no longer a threat.

# RELOCITES

Velocities are choreographed exercises usually with 2 participants to develop a specific skill. They are a set of drills meant to practice a combination of accelerations, parries, deflections and footwork. They also develop timing, distance and awareness of your opponent.

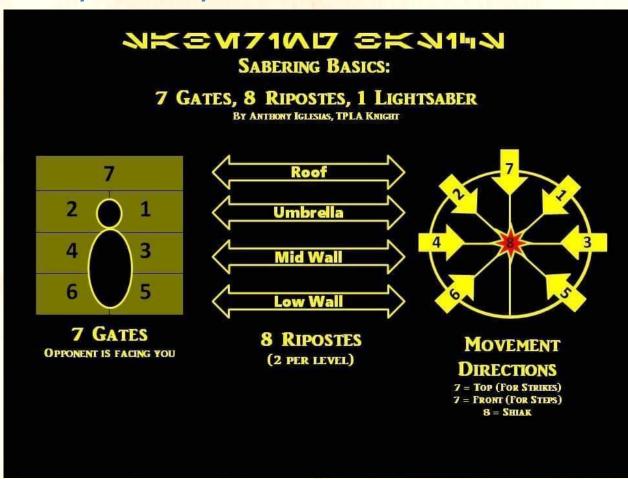
## **DULON**

A Dulon is a set of choreographed movements designed for 1 participant. In it not only are the accelerations, parries, deflections, stances and movements incorporated, but also the methodology and strategy of the style it portrays.

## **GUARDS**

Your guard is your posture the way you prepare for a confrontation. Each has its purpose and its usefulness. Being used correctly they allow you to position yourself for combat and employ a technique to control distance, timing and the positioning of the blades, not only of yourself but of your opponent as well.

# 7 GATES, 8 RIPOSTES, 1 LIGHTSABER



# FORM 1: SHIII CHO

"It is simple, and its simplicity is strength."

Form I, also known as Shii-Cho, The Way of the Sarlacc, or The Determination Form, was the first of the seven forms of lightsaber combat. This combat form was developed during the transitional period within the Jedi Order from ancient metal swords to more contemporary lightsabers. Shii-Cho was intended to cater to these new weapons, establishing the basic motions and target zones utilized with a lightsaber. As Shii-Cho was effectively an experimental combat form, and was created prior to the emergence of Dark Jedi and Sith Lords, it did not address the issue of lightsaber-to-lightsaber combat, and was quickly replaced by Form II. Despite this, Shii-Cho continued to find a niche as a training form, with almost every Jedi duelist receiving some instruction in it, and including elements in their own combat styles. Shii-Cho was considered an effective fall-back option when no other form or combat style would do.

In combat, Form I lightsaber combat was wild and raw, relying on deliberate tactics and being primarily aimed towards disarming rather than injuring foes, in keeping with Jedi philosophy. Basic initiates in the style demonstrated rather clumsy performance, though in the hands of a master, Shii-Cho was fluid but highly randomized and unpredictable

In the real world, form I is based primarily in Kendo and Japanese sword styles. Its main philosophy is line advancement in formation warfare and as such it is designed to overwhelm the opponent with forward movement in order to neutralize him.

# **GRIP (HOLDING YOUR SABER)**

The saber is held with two hands the leading hand as close to the emitter and center of balance of the blade as possible and the off-hand as far back in the hilt as possible to maximize torque and blade control. This is not to say that there are no one handed techniques in Shii Cho, but primarily it is a two handed style.

#### STANCES

- 1. **Front stance** Feet shoulder with apart, weight 60% on the leading leg with that knee slightly bent, back leg behind you approx a single step's length with knee straight, but relaxed (Do not lock your knee!) both feet facing forward.
- 2. **Dewback rider** (horse stance) Feet shoulder width apart or slightly wider and parallel. Sitting down into a partial squat as if you were sitting on a horse. Knees slightly behind the level of the toes and back straight.
- 3. **Back stance** opposite of front stance; weight 60% on back leg. back leg pointing 90 degrees from the centerline, knee slightly bent. Front leg pointed towards opponent with knee relaxed.
- 4. **Kneeling Stance** From front stance, bend both knees and kneel down until the back knee almost touches the ground. knee hovers above ground but does not touch it is a deep squatting stance
- 5. Cross stance (Saber Legends ShiiCho/ Omote Cosa Dashi) Front foot 90degrees to the side, rear leg on the ball of the foot. Partial squat so that rear knee is touching front calf.

#### STEPS

- 1. **Hut step** from a front stance, step forward with your trailing leg to end on a front stance with that leg now becoming the leading leg to advance. Ensure your head and body remain level as you transition throughout the step. Reverse the process to step back (retreat)
- 2. **Hut slide** From a front stance, push off from the rear leg as you lift the weight off of the leading leg to slide forward. Head and body remain level throughout the slide and you finish on the same front stance as you started. This can be done with either leg leading. To retreat lift the weight off of the trailing leg, and push off with the leading leg to slide backwards.
- 3. Three phase step Similar to the Hutt Step, but emphasize that the feet pass right next to each other (feet together transition stance) it creates 3 distinct phases to the step: (starting Front Stance, feet together transition stance, ending front stance with the opposite leg leading) again, head and body remain at the same level throughout the step, and this step can be done stepping directly forward, or exaggerating the diagonal direction of the movements to create oblique lateral angles as you step forwards or backwards.



## **GUARDS**



Your guard is your posture the way you prepare for a confrontation. Each has its purpose and its usefulness. Being used correctly they allow you to position yourself for combat and employ a technique to control distance, timing and the positioning of the blades, not only of yourself but of your opponent as well.

# Mid guard



Mid guard is the basic guard in form I. It is meant to control the distance from the opponent while closing off any advancement or attack angles. The saber should be presented in front of you without over extending it. The tip should be aimed at your opponent's center mass (between the throat and above the waist, though some prefer pointing the blade tip at the opponent's face in order to hide the length of your blade). Great care should be taken to keep the center line. Controlling the

center line means controlling the angles of attack. While holding a correct mid-guard your opponent can not advance without putting himself at risk.

# High guard



High guard is the most aggressive of all Shjj Cho guards. It presents an apparent open target on the body while keeping the blade ready for immediate action on defense and or attack. Fast reflexes and a strategy are needed to master fighting from such a stance. It can also be used defensively against an opponent favoring head shots.

# Low guard



Low guard is the most defensive of the basic stances giving an apparent open target to the face and torso while keeping your own blade between you and your opponent. Just like mid guard great care should be taken to keep control of the center line while preparing you for an under-the-hand counter attack.

## Jedi guard

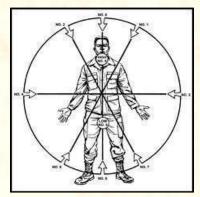


Known in Japanese as "Hazo no kamae" and in European fencing as the "nobleman's guard" this guard presents as a ready mans guard. Combining the aggressiveness of the high guard with the versatility of the mid guard but it does not provide the protection of the center line the other guards have. It should only be used if you have a plan...



# **ACCELERATIONS (CUTS AND ATACKS)**

- 1. **Cho:** Short, controlled cut from a drawn back "chamber/wind-up" behind the body's centerline. cut terminates with the blade parallel to the floor and tip still pointed towards the opponent. Can be a vertical or diagonal cut.
- 2. **Sai:** Long cut with a follow-through. Puts the entire body's weight and power behind the cut, starts at the "chamber" but continues the cut until the blade is pointed towards the ground and past behind the body's centerline. normally a diagonal cut across the body
- 3. **Shimm**: Short "tap" with the tip of the blade to selected targets
- 4. Shiak: Stab with the tip of the blade
- 5. Honor sash: Combines the "umbrella guard block" with a Sai strike in one continuous diagonal motion cutting from one target shoulder to the opposite hip
- 6. **Sarlak Sweep**: Brings the blade from the ground and behind the body and up into an upwards cut, can be vertical or diagonal.
- 7. **Sun djem sai cha**: "Destroy the weapon" a cut or attack to the opponent's lightsaber hilt; it is normally a horizontal cut across the body. can be used to hit the lightsaber hilt, to cut across the body's midsection (like Kenobi did to Darth Maul) or aiming higher to decapitate at the neck.
- 8. **Temple Tap:** A sideways strike to the side of the head where the saber is held above the head and swinged horizontally with the blade slightly tapered downward to strike the opponent's temple.
- 9. The eight angles of attack



#### PARRIES AND DEFLECTIONS

- 1. **Guard shift**: Shifting any of the guads left or right as to deflect or block the path of the opposing blade.
- 2. **High block**: lifting the saber above the head with the blade parallel to the floor horizontally as to protect the head from a downward strike.
- 3. **Umbrella deflection**: lifting the saber above the head with the blade pointing diagonally downward over the shoulder. This deflects a downward strike away from the body and also protects against strikes aimed at the neck and shoulders.
- 4. **Application of accelerations for defense**: Using any of the accelerations to intercept the oncoming blade to prevent a strike.

5. **Avoidance**: Moving the body or target zone out of the way as to make the oncoming strike miss.

#### TARGET ZONES

- 1. Zone 1 head
- 2. Zone 2 lead (strong) arm
- 3. Zone 3 off (support) arm
- 4. Zone 4 body
- 5. Zone 5 lead leg
- 6. Zone 6 off leg

#### **VELOCITIES**

- 1. **Raftar wheel**: A combination of Umbrella defense against cho strike to zone 1 alternating between the partners. This is based in the Jumbi Undo exercise form Japanese Kenjutsu.
- 2. **Nucleus**: Created by Chad William Ironmonger for TPLA, Combination of 4 downward strikes alternating zones 2 and 3 followed by a strike/umbrella defense to zone 1 with a diagonal step shifting the position of the players ½ revolution around the practice area.
- 3. **Kessel run**: Linear combination consisting in 3 sarlac sweeps, 3 temple taps, 1 cho/umbrella defense alternating attacking and defending partners.

#### DULON

- General sun's shii cho
- 2. Tpla shii cho
- a. 1<sup>st</sup> trajectory
- i.Salute
- ii. Step front R, Honor sash (L)
- iii. Step front L, Honor sash (R)
- iv.Step front R, Sun Djem sai cha (R)
- v.Step front L, Sun Djem sai cha (L)
- vi.Step front R, Sarlac Sweep (R)
- vii.Step front L, Sarlac Sweep (L)
- viii.Step front R, High guard
- ix.Slide front, Sai zone 1
  - b. 2<sup>nd</sup> trayectory
- i.Shift back to guard, High block
- ii.Pivot 180° Sai to zone 1
- iii. Side step left, full over the head orbit to sun djem (L) to zone 1
- iv.Step front R, sun djem zone1

- v.Step L, kneeling stance, sun djem zone 6
- vi.Step front R, sun djem zone1
- vii.Step L, kneeling stance, sun djem zone 6
- viii.2 step front sarlacc sweep to dragon horn.
  - c. 3rd trajectory
  - i.Pivot 180° cho to zone 1
  - ii. Stomp front leg, minor orbit up (R) cho zone 3
- iii.Lift leg stomp (R), honor sash R
- iv.Stomp L leg, minor orbit up (L) cho zone 3
- v.Lift leg stomp (L), honor sash L
- vi.Open arms to jedi guard
- vii.Temple tap L
- viii.Step, temple tap R
- ix.Step, temple tap L
- x.Open arms to jedi guard
- xi.Turn head 180°
  - d. 4th Trajectory
- i.2 step front, 2 sarlac sweep
- ii.Stomp R, cho zone 1
- iii.Lift leg stomp (R), honor sash R
- iv.Step L, cross stance hide saber under left armpit, block w Left palm
- v.Step R 45°, dewback rider sai to zone 2
- vi.Turn head 180° facing start
  - 3. Nihon kendo kata

# FORM 2 MAKAASHI

"He is a fencer. Leverage, position, advantage-they are as natural to him as breathing."

—Qui-Gon Jinn's spirit to Yoda on Count Dooku

Form II, also known as Makashi, The Way of the Ysalamiri, or The Contention Form, was the second of the seven classic forms of lightsaber combat. Developed for the purpose of lightsaber-to-lightsaber combat, to address the failings of Form I, Makashi was the most dueling-centric of the seven classical forms. Relying on precision and efficiency over Shii-Cho's wild, sweeping motions, Form II allowed an initiate to defend himself against an opponent with minimal effort, while placing a heavy focus on avoiding disarmament.

#### STANCES

**Fake stance** (cat stance) - 90% weight on the back leg, pointed 45 degrees to the side. Front foot is presented with the ball of the foot only, barely resting on the floor and the heel hovering above the ground

#### **STEPS**

**Front cross step**: Similar to full step, but keeping your body perpendicular (lateral at 90 degrees) to your opponent. The back leg cresses in front of your front leg. Used to close gaps but maintain stance Back foot passes front and maintains 90 Step should reach 6" in front of front foot Return to ready \*teaching points\* Step only as far as balance and mobility allow.

**Back cross step**: Same as front cross step but the back leg crosses behind the front leg. Making for an oblique (diagonal) movement towards or away from your opponent. Close gaps with oblique movement Back foot comes forward and behind Finishes in line with front foot Return to ready.

Hyper stepping: Similar to the hut slide, but the movement is initiated by lifting the front leg and pushing with the back. The body is kept perpendicular to your opponent. Its the "fencers step".

\*Hutt slide to lunge\* Hutt Slide Draw in back foot Push off into lunge \*teaching points\* Front foot placement/direction Dragging back foot No jumping Knee/ankle/rear foot alignment.

**Lunge**: Hyperextension of the front leg for maximum reach. Combined with a forward thrust of the blade. It should be timed so that the blade makes contact just before the front foot reaches the floor as to provide maximum velocity and momentum in the blade tip at the time of contact.

**Circular step:** Walking in a circular manner, along the edge of a circle marked on the floor (real or imaginary). Change of direction can be performed facing into or away from the circle. Boxer steps: Small alignment changes to control line Rotational Avoid crossing legs during steps.

#### **GUARDS**

**Moon guards**: Moon Guards control your opponent's center, angles of attack and distance by keeping the tip of the blade in a static position between you and your opponent, while moving the saber in a crescent moon semicircle around that static center point.

**Half moon**: similar to one handed mid guard blade in front in the center of the body.

**Full moon**: blade over the head tip pointing to the opponent. Hilt on the dominant hand side.

**New moon**: opposite to full moon on the off hand side. Dominant arm crosses the body to hold the blade.

**Zenith**: blade slanted up. Tip is always pointing towards the opponent.

**Nadir**: blade slanted down. Tip is always pointed towards the opponent.

The quick (top half) attacking and deflection The strong (bottom half), block and parry

## SPHERES/ CIRCLES OF PROTECTION

**Corona**: outermost circle. From the center of the blade to the tip and all of its range of motion around you.

**Chromoshere**: Mid circle. From the center of the blade to the emitter and all of its range around you.

**Photoshere**: Innermost circle to include the hilt and your hand and all of its range of motion around your wrist.

#### **ACCELERATIONS**

**Riposte**: using defense to create opportunities for immediate attack (example: defend high from new moon, deflecting toward Open side and use strike power to rotate to shiim).

**Intercepting strike:** Attacking the weapon arm of an opponent while they are in motion. *Must be paired with movement to avoid any incidental contact, follow initiative rules for voiding* \*teaching points\*

Caution: incorrect read of opponent motion could have you accidentally thrusting their arm or hand.

**Sun dog**: Combinations of footwork and blade work in an guided yet improvised fashion. Each level has its own focus and development goal. Using Makashi and Shii Cho footwork and makashi bladework, walk with the force.

**Level 1**, distance and timing, 90 degree pivot, front cross step. Combine front cross step and blade work dividing the exercise to include various 90 degree pivot to attack and defend on each direction.

**Level 2**, aggressive movement 180 degree pivot, back cross step. Combine all movements from level 1 adding back cross step and 180 degree pivot as to reverse the direction of attack and defense.

**Level 3**, multi directional. Awareness, evasive movement, circle step Include all movements from levels 1 and 2 and add circular step and techniques from other formulas at odd angles (not 90 or 180) to add flexibility and true randomness to the angles of attack and defense.

# RELOCITIES

**Contemptuous opportunity**: Developed by TPLA this velocity is meant to develop timing and distance. Both participants stand just out of reach, one lunges and attacks zone 1 while the other evades by stepping just out of reach. For this velocity both participants must have at least head and hand protection,

**Makaashi riposte**: This velocity is meant to develop timing and distance. Both participants stand just out of reach, one lunges and attacks zone 4. the reciever parries and counters with his own attack to zone 4. this creates an endless loop between attacker and reciever. Without yielding ground, defend to empty stance with moon guard and riposte.

#### Other notes:

Hand use for balance and defense
Shiim and Cho adaptations for non linear fighting

#### DULON

TPLA Makaashi (review the TPLA Source material in their YouTube channel. The student can also annotate the form similar to the ShiiCho Dulon example in the previous Form)

#### FORM 3 SORESSU

"That is so like you, Master Kenobi. I am called a great swordsman because I invented a lethal style; but who is greater, the creator of a killing form—or the master of the classic form?"

## —Mace Windu to Obi-Wan Kenobi

Form III, also known as Soresu, the Way of the Mynock, or the Resilience Form, was the third of the seven classic forms of lightsaber combat that was recognized by the Jedi Council prior to and during the Clone Wars. Soresu was developed during the widespread emergence of blasters as an offensive weapon. Essentially a development on Form I blast-deflect training, Soresu relied on tight bladework and subtle dodges to provide maximum defensive coverage, minimizing exposure to ranged weaponry. Over time, Soresu transcended this basic origin, and came to be considered the ultimate expression of non-aggressive Jedi philosophy.



#### STANCES

**Drop step**: Dragon Tail. Lead leg straight back leg bent. siting on the back leg.

Twist stance: Back leg bent under front leg sitting on back heel.

**False stance**: cat stance "neko ashi dashi" 90% of Weight on back Leg front leg just Slightly Touching the floor with just the ball of the foot.

#### **STEPS**

Walking on the circle: Walking along a designated circle on the floor. The focus point can be The inside (center) on outside (away) from the circle.

Turning on the grid: Pivot step 180 degree cheneé or 3 step turn.

#### GUARDS

Ready guard (Obiwan Kenobi pose)



# ACCELERATIONS



Major orbits: circular movement initiated at the shoulder, making the center of the circle your body.

Minor orbits: circular movement where the center of the circle is placed on the wrist.

Halo and third orbit: Around the head with the blade facing down.

Ani-Obi (high-lo)

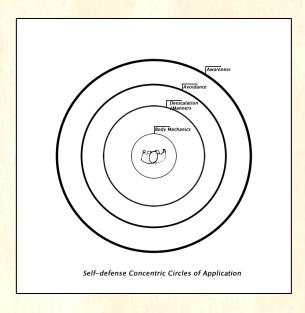
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## PARRIES AND DEFLECTIONS

Halo orbit. shield

Screens Vertical shield, horizontal shield



## **VELOCITIES**

(Maki otoshi) Making contact with the opponent's saber and twisting in a circular fashion in order to wrap around the saber and push it out of the way.

## DULON

Novastar and Caine Soresu (Will be taught in class, or available in their NCSCS Video)

TPLA Soresu (review the TPLA Source material in their YouTube channel. The student can also annotate the form similar to the ShiiCho Dulon example in Form 1)

## FORM 4 ATARU

"Ataru is the name given to the movements of this form-though it is aggressive, it is focused, and its best use is in combat against a single opponent."

#### —Zez-Kai Ell[src]

Form IV, also known as Ataru, the Way of the Hawk-Bat, or The Aggression Form, was the fourth of the seven forms of lightsaber combat. The history of Ataru stretched back through the Old Republic, to at least as early as the Mandalorian Wars, where it was commonly employed by Jedi of that day. Ataru continued to be a common form among the Jedi in the latter stages of the Republic, and was also known to be employed by the Sith.

An aggressive style, Form IV was fast-paced and effective against single opponents, though weaker in prolonged combat and confined spaces. Also, it was not recommended for use against opponents wielding blasters. Ataru was characterized by Force-assisted acrobatics, such as somersaults and leaping strikes, both for attack and defense. Another characteristic of the form was its fast, powerful strikes from multiple directions. Notable users of this combat form during the Old Republic included Yoda and Qui-Gon Jinn. The New Jedi Order preserved knowledge of Ataru, and Jedi Masters such as Luke Skywalker, Mara Jade Skywalker, and Kyle Katarn all employed it.

#### STANCES

There are no additional stances in ataru.

#### **STEPS**

Jump

Mugan: Jumping with 2 feet simultaneously.

Full Moon Jump: Jump squat or tuck jump

Crescent Moon: Arch back jump



Mugai: Jumping in 1 foot:

Leap: Jumping from 1 foot to the other

**Shifting**: Leg change, 3 phase shift dragging both feet simultaneously on the floor.

Stomping:

**Approach**: Using a jump or combination there of to advance towards your oponent.

# **GUARDS**

# **ACCELERATIONS**

#### Rotations:



#### Ton Su Ma

Perpendicular rotation downward cutting motion rotating the saber through the center line.

#### En Su Ma

Perpendicular rotation to the sides much like a figure 8.

## Jung Su Ma

Horizontal rotation, much like a Yoko Kiri or Kiri Ushi.

**Active Rotations**: combining footwork with saber rotation in order to rotate both body and saber in 1 fluid motion of attack or defense.



## PARRIES AND DEFLECTIONS

Ataru does not add additional parries or deflections since it relies on body movement to evade rather than deflect or block incoming strikes. Focusing on using the saber for attack rather than defense.

## **VELOCITIES**

**Hawk bat:** Combination of attack to zones 5 or 6 while dropping to kneeling stance while opponent makes a Mugai jump to attack zone 1

#### DULON

Novastar and Caine Ataru (Will be taught in class, or available in their NCSCS Video)

TPLA Ataru (review the TPLA Source material in their YouTube channel. The student can also annotate the form similar to the ShiiCho Dulon example in Form 1 and annotated as a student exercise in forms 2 and 3)

# FORM 5 SHIEN / DJEM 50 (SINTHESIS)

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# FORM 6 NIMAN (TRANSGENDENGE)

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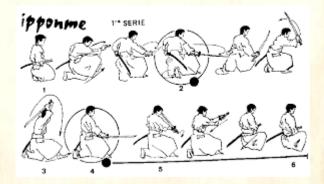
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# JAR-KAI



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## STANCES

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## **GUARDS**



# **ACCELERATIONS**

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# RELOCITIES

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# FORM 7 JUYO / VAVAPAD (ABSTRACTION)

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#### THE ABSTRACTION FORM

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#### **KENDO RULESET**

#### **FOIL RULESET**

## SWORD RULESET

#### SABER RULESET

#### HEMA RULESET

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Hiroshi Ozawa (Author)

ISBN-10: 1568365802

