

## FOOTWORK

### A. PREPARATORY EXERCISES FOR THE POSITION OF ON GUARD (CENTERING)

1. From Basic Position – Heels Up and Down
2. From Basic Position –
  - a. Step forward approximately 1 ½ foot lengths (land on the ball of the lead foot)
  - b. Heels up and down
  - c. Heels up
  - d. On guard (lower heels as knees bend)
  - e. Simultaneously extend knees and lift heels
  - f. Heels down (knees remain extended)
  - g. Return to Basic Position
3. From Basic Position
  - a. Raise and lower front toe
  - b. Raise toe and assume on guard position in one motion (land on lead heel first, lower toe as knees bend)
  - c. Return to basic position (lifting the toe first and landing on the heel)

### B. PREPARTORY EXERCISES FOR ARM MOVENENTS (SEQUENCING)

1. From Basic Position –
  - a. Extend weapon arm ( shoulder height, thumbs up)
  - b. Extend back arm (shoulder height, thumbs up)
  - c. Bend weapon arm (by lowering elbow)
  - d. Bend back arm (by lowering elbow)
  - e. Extend weapon arm (shoulder height, thumb up)
  - f. Lower back arm
  - g. Simultaneously recover both arms to the basic position
2. From Basic Position
  - a. Extend weapon arm (shoulder height, thumb up)
  - b. Extend back arm (shoulder height, thumb up)
  - c. Assume the on guard position (with arms and legs simultaneously)
  - d. Extend weapon arm (shoulder height, thumb up)
  - e. Extend back arm (shoulder height, thumb up)
  - f. Assume basic position

### C. INDEPENDENT FOOT MOVEMENTS

1. From Basic Position
  - a. Front toe up and down
  - b. Back toe up and down
  - c. Back heel up and down
  - d. Simultaneously front toe and back heel up and down
2. From Basic Position

- a. Assume on guard position
  - b. Front toe up and down
  - c. Back heel up and down
  - d. Simultaneously front toe and back heel up and down
  - e. Return to basic position
3. From Basic Position
- a. Assume on guard position
  - b. Front foot to the right
  - c. Back foot to the right (returning to the on guard position)
  - d. Front foot to the left
  - e. Back foot to the left (returning to the on guard position)
  - f. Back foot to the right
  - g. Front foot to the right (returning to the on guard position)
  - h. Back foot to the left
  - i. Front foot to the left (returning to the on guard position)
  - j. Return to basic position
4. Directional Pivoting – (From a Basic Position Assume a Position of Attention)
- a. Moving left
    1. Raise left heel, raise right toe, pivoting to the left simultaneously on the left toe and right heel (toes touching)
    2. Raise left toe, raise right heel, pivoting to the left simultaneously on the left heel and right toe (heels touching)
  - b. Moving right
    1. Raise left toe, raise right heel, pivoting to the right simultaneously on the left heel and right toe (toes touching)
    2. Raise left heel, raise right toe, pivoting to the right simultaneously on the left toe and right heel (heels touching)
    3. Return to basic position

D. CROSS OVER MOVEMENTS (From basic position, assume on guard position)

1. Forward Cross Over
  - a. Move back foot forward (the back leg crosses forward in front of and perpendicular to the lead leg, ending with the same distance between the heels)
  - b. Move lead foot forward (the lead leg crosses forward behind and perpendicular to the back leg, ending with the same distance between the heels)
2. Backward Cross Over
  - a. Move lead foot backward (the lead leg crosses backward behind and perpendicular to the back leg, ending with the same distance between the heels)
  - b. Move back foot backward (then back leg crosses backward in front of and perpendicular to the lead leg, ending with the same distance between the heels)
3. Half Advance Forward Cross Over
 

Half advance, forward cross over (raise front toe, move lead foot forward, landing on the heel, knee slightly bent: transport the back foot as in (1.a.) and lead foot as in (1.b.)
4. Half Retreat Backward Cross Over

Half retreat, backward cross over (as the back foot moves backward, start to shift the Center of Gravity backward, raise the lead toe, land the back foot on the toe and as the move finishes flatten the back foot: transport the lead foot as in (2.a.) and back foot as in (2.b.)

5. Forward Cross Over, Half Inverse Advance

Forward cross over, half inverse advance (same as in (1.a.) and (1.b.): when (1.b.) finishes raise the back heel, move the back leg forward, land on the toe than heel) NOTE: (1.b.) should be a few inches longer than normal

6. Backward Cross Over, Half Inverse Retreat

Backward cross over, half inverse retreat (same as in (2.a.) and (2.b.): when (2.b.) finishes, raise the lead toe up, move the lead leg backward, land on the heel then to NOTE: (2.b.) should be few inches longer than normal

7. Half Advance, Forward Cross Over, Half Inverse Advance

Same as (3), when (3) finishes, raise the back heel, move the back leg forward, land on the toe than heel) NOTE: The end of (3) should be a few inches longer than normal.

8. Half Retreat, Backward Cross Over, Half Inverse Retreat

Same as (4), when (4) finishes, raise the lead toe up, move the lead leg backward, land on the heel then toe (return to basic position) NOTE: The end of (4) should be a few inches longer than normal.

E. HALF – CROSS OVER MOVEMENTS (From basic position – assume on guard position)

1. Forward half – cross over

- a. Same as D. 1. a.
- b. Recover to on guard position

2. Backward half – cross over

- a. Same as D. 2. a.
- b. Recover to on guard position

F. HALF ADVANCE AND HALF RETREAT

1. Half Advance (From basic position – assume on guard position)

- a. Move lead foot forward (raise lead toe, while moving the lead leg forward, transport the center of gravity slightly forward, land on the heel.
- b. Return to on guard position

2. Half Retreat

- a. Move back foot backward (raise back heel, while moving the back leg backward, transport the center of gravity slightly backward, raise the lead toe and land on the toe then heel
- b. Return to on guard position

G. COMBINATION OF D. E. AND F.