Solo Training Course Quick Start Guide part 1

START HERE

Book: The Windsor Method; the Principles of Solo Training

Solo 1: Welcome

Solo 1: Planning your training → Solo 1: Creating a daily practice

Have you done Human Maintenance? → No

Breathing 1: The Basics

Meditation 1: Awareness of Breathing

And/or Meditation 5: Moving Meditation

Yes

Footwork 1: The Basics

Complete the rest of Solo 1

Footwork 2: Grounding

From Solo: pick one of:

Rapier → Footwork 5: Rapier

Wrestling

Bolognese

Smallsword

Longsword

Spear

1.33 Sword and Buckler

Footwork 4: Longsword

Pick another, or

Go to Solo Training QSG 2