

# Recreate Historical Swordsmanship from Historical Sources Principles of Drill Creation

## The Principles of Creating Drill

- Put first things first
- Every drill should teach one thing
- Distinguish between breadth and depth
- Distinguish between technical and tactical

Solo: technical

Pair: technical OR tactical

Six steps to your first complete technical drill:

### Step One

Solo technical drill:

1. Start with: take one or two basic actions from your source: eg. mandritto fendente, lunge and recover, etc.
2. Create a standard way to practice it; starting position/ movement; the action; the follow-up or recovery.
3. Explain why you've chosen each part of the drill. eg donna, longa, dente di zenghiaro, cutting angle, passing step.
4. Identify any prerequisite knowledge: how to stand? hold a sword? do a backflip? Note that these elements will have to be trained, either in their own separate drill, or as part of this one.

[repeat this for every common strike in the system]

### Step Two

Pair technical drill:

1. Choose one counter to that action, ideally directly from the source.
2. Set up the drill; what is everyone doing and why?

### Step Three

Solo technical drill:

1. Extract the defender's part of the drill, and practice it solo. Start, middle and end.

### Step Four

Pair technical drill:

1. Put them back together; attack, defence.
2. Explain the tactics behind this two-step pair drill.

[repeat this for every common defence in the system]

### Step Five

Pair technical drill:

1. Add the next step: the attacker's counter to the defence. Source it from the book if possible.
2. Explain the tactics behind this three-step pair drill (attack; defence; counter to the defence)

## Step Six

Pair technical drill:

1. Add the final step: the defender's counter to the attacker's response to the defence. Source it from the book if possible.
2. Explain the tactics behind this four-step pair drill (attack; defence; counter to the defence, counter to the counter)

Congratulations, you now have one solid four-step drill.

Create the next one based on the next most common attack, or the next most common defence to the same attack, in your source.

## Tactical Drill

When you have at least two technical drills, you can create a tactical drill. Eg. if the attack is X, do Y. If the attack is A, do B. The attacker then trains the defender to respond properly.