

## Solo Training Course Content

Section	Lecture	Video	PDFs	Other content	Bundled Courses
<b>Bundled Courses:</b>					Free Arm Maintenance
					Free Knee Maintenance
					Fundamentals: Breathing
					Fundamentals: Footwork
					Meditation for Martial Artists
					Recreate Historical Swordsmanship from Historical Sources
<b>Solo Training</b>	<b>Welcome, please start here.</b>	Solo Welcome 1.mp4			
	<b>Creating a daily practice</b>	Creating a daily practice.mp4			
	<b>Planning your training: days, weeks, months, years</b>	Planning your training.mp4			
	<b>Creating solo forms</b>	Creating Solo Forms theory.mp4			
	<b>Handling drills introduction</b>	Handling drills intro.mp4			
	<b>Striking drill introduction</b>	striking drills intro.mp4			
	<b>The Pell</b>	pell intro and 99 strikes.mp4			
	<b>Point control basics</b>	point control 1.mp4		making a wall target.pdf	
	<b>Conditioning: stick drills</b>	Stick Conditioning drills.mp4			
	<b>Improvised training tools</b>	Improvised training equipment.mp4			
	<b>Training with clubs</b>	Training with Clubs.mp4			
	<b>Grounding and mechanics seminar (zoom)</b>	Mechanics_seminar_20201101.mp4			
<b>Longsword Handling drills and forms</b>	<b>Longsword Handling drills</b>	Longsword Handling drill 1.mp4			
		Longsword handling drill 2 six grips.mp4			
		Farfalla di Ferro.mp4			
	<b>The Longsword Syllabus form</b>	Longsword Form.mp4			
	<b>Longsword: the pell</b>	Pell longsword exercises.mp4			
	<b>Longsword Mechanics seminar (zoom)</b>	Longsword_mechanics_seminar_22112020.mp4			
<b>Rapier Handling drills and forms</b>	<b>Rapier Form</b>	rapier form.mp4			
	<b>Rapier: the pell</b>	Pell rapier exercises.mp4			
<b>The Spear</b>	<b>Spear Class</b>	spear class.mp4			
	<b>Spear Form</b>	Spear Form.mp4			
<b>Sharp Swords and Cutting</b>	<b>Resources (start here for this section)</b>	TestCuttingFalcata.m4v.mp4	Swordfighting.pdf About Cutting, by Anon Scandinavian.pdf Cutting as a part of training.pdf Analysing your cuts.pdf	text: Hi, Sharp swords are dangerous. Please start by reading pages 141-157 of Swordfighting. The section "Why you should train with sharp swords and how to go about it without killing anyone" will give you the basic overview, and "Cutting with Sharps" outlines my approach to using cutting as a training tool. I have also included a fun video of a not very scientific test of medieval clothing fabrics and their resistance to being cut, and some other bits and pieces that may inspire you to start cutting.	
		FalcataTennis.m4v.mp4			
		Cutting Party- A leg of lamb: a sword; what could possibly go wrong_.mp4			
	<b>How to sharpen a sword</b>	How to sharpen a sword.mp4	sharpening.pdf		
<b>I.33 Sword and Buckler</b>	<b>I.33 Sword and Buckler solo class</b>	I.33 solo.mp4			
<b>Smallsword</b>	<b>Smallsword solo training class</b>	Smallsword Solo.mp4			
<b>Wrestling: with Jessica Finley</b>	<b>Welcome and Warm-UP</b>	01 Jess Finley Wrestling Solo Intro.mp4		text: For medieval wrestling enthusiasts Jessica Finley needs no introduction- she has been at the forefront of medieval wrestling research and practice for a decade. She kindly agreed to shoot some material for this course bundle. The material includes warm-ups, footwork, falling, mat exercises, and working with the dummy. I have separated out the dummy work as it is the only material that requires any equipment. Some of the dummy work could be done with a punch bag, but some requires a free-standing dummy. As ever, please be mindful of your health, and put safety first. I would strongly recommend taking the falling class in the Fundamentals: Footwork course before doing the mat falling in this module.	
	<b>Falling</b>	02 Jess Finley Wrestling Solo falls.mp4			
	<b>Mat Exercises</b>	03 Jess Finley Wrestling Solo Mat Exercises.mp4			
	<b>Footwork</b>	04 Jess Finley Wrestling footwork.mp4			
	<b>Training with the Dummy</b>	05 Jess Finley wrestling with dummy.mp4			
<b>Bolognese Swordsmanship with Gindl Wauchope</b>	<b>1.1 Spada: introduction and basic blows</b>	1.1 Intro and basic blows.mp4			
	<b>1.2: Spada: Guards and Blows</b>	1.2 Guards and Blows.mp4			
	<b>1.3 Spada: Additional Guards</b>	1.3 additional guards.mp4			
	<b>1.4 Spada: Footwork</b>	1.4 bolognese 4 footwork class.mp4			
	<b>1.5 Spada: Moving through the Guards</b>	1.5 Moving through the guards.mp4			
	<b>2.1 Spada e Broccchiero: Introduction</b>	2.1 Bolognese Sword and Buckler Intro.mp4			
	<b>2.2 Spada e Broccchiero: Blows</b>	2.2 sword and buckler blows.mp4			
	<b>2.3 Spada e Broccchiero: Cutting Drill</b>	2.3 sword and buckler cutting drill.mp4			
	<b>2.4 Spada e Broccchiero: The Embellishment</b>	2.4 sword and b embellishment.mp4			
	<b>3.1 Spada da due mani: Introduction</b>	3.1 spada 2 mani intro.mp4			
	<b>3.2 Spada da due mani: the key guards</b>	3.2 spada da 2 mani guards.mp4			
	<b>3.3 first assault, parts 1-4.</b>	3.3 spada 2 mani 1st assault pt 1.mp4			
<b>Cross-training: Pilates!</b>	<b>Pilates Basic Mat Demonstration</b>	Pilates Basic Mat demo.mp4		text: Cross training is useful in any discipline, not least as it forces you to move differently, work different muscle groups, and learn new things. Joseph Pilates founded a system of exercise he called Contrology, which has since expanded into an enormous variety of styles and approaches. My wife Michaela is a 'Classical Pilates' instructor, which means she follows his original approach as far as possible. Here she is demonstrating Pilates' 'Basic Mat' routine.	
	<b>Guy failing to do the Pilates Basic Mat routine</b>	Pilates Basic Mat lesson.mp4		text: Michaela takes me through the Basic Mat routine. Pilates is really not my thing! But this was a fun and useful exercise. By all means, have a go if you haven't already!	
<b>Trainalong video</b>	<b>Morning warm-up sessions</b>	01 Trainalong 2020-06-10 zoom_0.mp4			
		02 Trainalong 2020-06-12 zoom_0.mp4			
		03 Trainalong 2020-06-17.mp4			
		04 Trainalong 2020-06-19 zoom_0.mp4			
		05 Trainalong 20200622 zoom_0.mp4			
		06 trainalong 24062020 zoom_0.mp4			
		07 Trainalong zoom_0.mp4			
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		23 trainalong Zoom mp4			
		24 trainalong zoom_0.mp4			
		25 shoulder stability zoom_0.mp4			
		26 trainalong zoom_0.mp4			
		27 Trainalong focus shift.mp4			
		28 trainalong zoom_0.mp4			
		29 trainalong zoom_0.mp4			
		30 trainalong zoom_0.mp4			
		31 trainalong zoom_0.mp4			
		32 trainalong zoom_0.mp4			
		Hamstring Special web.mp4			