

Solo Training Course Content

Updated 10 October 2026

Solo Training

- Welcome, please start here.
- Creating a daily practice
- Planning your training; days, weeks, months, years
- Creating solo forms
- Handling drills introduction
- Striking drill introduction
- The Pell
- Conditioning: stick drills
- Improvised training tools
- Training with clubs
- Grounding and mechanics seminar (zoom)
- Join the Community

Point Control Training

- Point control basics
- Solo Point Control 01 Improvised Practice
- Solo Point Control 02 Tools and Goals
- Solo Point Control 03 Warm-up
- Solo Point Control 04 Footwork
- Solo Point Control 06 Walk it In
- Solo Point Control 10 Extension
- Solo Point Control 11 Close In
- Solo Point Control 12 Hand Positions
- Solo Point Control 13 Approach and Hand Position combinations
- Solo Point Control 15 All positions all measures
- Solo Point Control 16 How to Train Point Control
- Solo Point Control 19 Shadow Fencing
- Solo Point Control 20 Hanging Target
- Solo Point Control 21 Grip Mechanics
- Solo Point Control 22 Bonus Wrist Stability
- Solo Point Control 23 Bonus Hammer Grip

Longsword Handling drills and forms

- Longsword Handling drills
- The Longsword Syllabus form
- Longsword: the pell
- Longsword Mechanics seminar (zoom)

Rapier Mechanics (Capoferro)

- 01 Rapier Mechanics Warm Up
- 02 Rapier Mechanics Knee Safety
- 04 Rapier Mechanics Feet and Ankles
- 06 Rapier Mechanics Why Side On
- 07 Rapier Mechanics Constructing the Guard Position
- 08 Rapier Mechanics Never Lock
- 11 Rapier Mechanics Striking with a Pass
- 13 Rapier Mechanics Length of Guard
- 14 Rapier Mechanics Lunge Front Foot
- 18 Rapier Mechanics Moving the Weighted Foot
- 19 Rapier Mechanics Stepping
- 20 Rapier Mechanics Holding the Sword
- 21 Rapier Mechanics Chambered and Extended Grip
- 22 Rapier Mechanics Finding Prima

- 24 Rapier Mechanics One or Two Fingers
- 25 Rapier Mechanics Wrist Stability
- 26 Rapier Mechanics Testing with a Wall Target
- 28 Rapier Mechanics Guards and Lunges

Rapier Handling drills and forms

- Rapier Form
- Rapier: the pell

I.33 Sword and Buckler

- I.33 Sword and Buckler solo class
- Sword and Buckler Warm-up
- Controlling the Sword and Buckler
- Sword and Buckler handling drills

The Spear

- Spear Class
- Spear Form

Sharp Swords and Cutting

- Resources (start here for this section)
- How to sharpen a sword

Smallsword

- Smallsword solo training class
- Solo Smallsword 01 Warm up
- Solo Smallsword 02 feet posn and Draw
- Solo Smallsword 03 Guard Position
- Solo Smallsword 04 Knee Safety
- Solo Smallsword 05 Lunge
- Solo Smallsword 06 Moving Weighted Foot
- Solo Smallsword 07 Step Forwards
- Solo Smallsword 08 Step Back
- Solo Smallsword 09 Step Step Lunge
- Solo Smallsword 10 How to Hold the Sword
- Solo Smallsword 11 Tierce and Carte
- Solo Smallsword 12 Carte Over the Arm
- Solo Smallsword 13 The Salute
- Solo Smallsword 14 Method and Effectual Means
- Solo Smallsword 15 Back Hand Alignment
- Solo Smallsword 16 Low Lines
- Solo Smallsword 17 Guard Transitions and Parries
- Solo Smallsword 18 Putting it all Together

Wrestling: with Jessica Finley

- Welcome and Warm-UP
- Falling
- Mat Exercises
- Footwork
- Training with the Dummy

Bolognese Swordsmanship with Gindi Wauchope

- 1.1 Spada: introduction and basic blows
- 1.2: Spada: Guards and Blows
- 1.3 Spada: Additional Guards
- 1.4 Spada: Footwork
- 1.5 Spada: Moving through the Guards
- 2.1 Spada e Brocchiero: Introduction
- 2.2 Spada e Brocchiero: Blows

- 2.3 Spada e Brocchiero: Cutting Drill
- 2.4 Spada e Brocchiero: The Embellishment
- 3.1 Spada da due mani: Introduction
- 3.2 Spada da due mani: the key guards
- 3.3 first assault, parts 1-4.

Cross-training: Pilates!

- Pilates Basic Mat Demonstration
- Guy failing to do the Pilates Basic Mat routine
- Pilates Basic Mat Class (1 hour)

Trainalong video

- Morning warm-up sessions
- 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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- 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

Resources and course notes

Point Control Training

- [*making a wall target.pdf*](#)

Sharp Swords and Cutting

- [*Swordfighting.pdf*](#)
- [*About Cutting, by Anon Scandinavian.pdf*](#)
- [*Cutting as a part of training.pdf*](#)
- [*Analysing your cuts.pdf*](#)
- [*sharpening.pdf*](#)

Sharp Swords and Cutting

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.

Wrestling: with Jessica Finley

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.

Cross-training: Pilates!

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's 'Basic Mat' routine.

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!

Bundled Courses

- Free Arm Maintenance
- Free Knee Maintenance
- Fundamentals: Breathing
- Fundamentals: Body Mechanics
- Fundamentals: Footwork
- Meditation for Martial Artists
- Recreate Historical Swordsmanship from Historical Sources