



WE HAPPY FEW

or
how to thrive in a shallow pool

Sir Jaime von Atzinger



OFF LIST

- ❖ Do at home, what you can do at home
- ❖ Learn how your body moves
 - pell
 - drills
 - fitness
- ❖ Learn about fighting
 - video classes
 - fight video
 - fight review pages
- ❖ Learn how you are fighting
 - video replay
 - review notes
 - visualization



IN LIST

- ❖ Do at practice what you can only do at practice
- ❖ Train
 - partnered slow work
 - specific technique
 - drills
- ❖ Spar
 - technique in motion
 - interact with the opponent
- ❖ Intensity
 - mental side
 - fight to win at least once
- ❖ Social
 - schmooze to smite ratio



TRAIN WITH SPECIFICITY AND INTENT

- ❖ Precise goal
 - Compass step will land with blow vs "footwork"
- ❖ Multi step goals
 - what can I achieve at this practice
 - what does success look like
 - ask for feedback before bout
- ❖ Train to understand
 - why
 - how
 - when



A RISING TIDE

- ❖ Everybody is a coach
 - communicate for both wins and losses
 - 2-5 min cap on talk, then execute
 - work on it right now
- ❖ learn fight analysis
 - get a third set of eyes
 - validate observations
 - video!



BAD HABITS OF SHALLOW POOLS

- ❖ Genetic drift
- ❖ Skill inflation
 - learning fighters
 - patterns
 - comfort level
- ❖ Old favorites
 - write it down
 - pull it out in practice (sparingly)



HOPPING THE POND

- ❖ When to travel
 - know how YOU fight - not necessarily how to fight
 - know how you learn
 - fluent in combat
 - terms
 - styles
 - awareness
- ❖ Take it back and teach it



MELEE DRILLS



3+

2 v 1 Progression

3+

Captain Roulette

3+

Break Through

5+



Overmatch - resurrection,
switch sides on death

6+

Y Bridge

6+

Red Rover - first to die
switches sides next match





TOURNEY DRILLS

- ❖ Counted blows/timed matches
- ❖ Slow work/Frozen man
- ❖ All out attack vs limited shots
- ❖ All out defense vs limited shots
- ❖ Bear pit is common- make it instructive

ONLINE RESOURCES

[Middle Kingdom Fight Videos](#) - Sir Winfang's compilation of decades of fight videos

[Greatest SCA fights of You Tube](#) - Fights from around the Known World

[Pell Training by Duke Ullr](#) - Free foundational class

[The Tactical Fighter](#) - The best melee blog on the interwebs

[SCA Coaches Corner](#) - Hours and hours of interviews with the best of the best

[Medieval Combat Video Review](#) - Detailed breakdowns of high level fights

["Backyard Basics" Longsword](#) - From the basics to anything but

[RUM Classes](#) - Including Count William's Train Like You Mean It

[Duke Sean](#) - One of the best trainers in the Known World

[The Victorious Mind](#) - Fantastic introductory lecture about becoming serious

FACEBOOK GROUPS

[Coaches Corner \(private\)](#) - Like the YouTube page but with comments

[Combat Training Resources](#) - Compilation of many blogs, videos and pages

[Armored Fighting Review](#) - Post fight video for feedback from top trainers

[Midrealm Fighters](#) - Info and resources local to the Midrealm

[Ask the Chivalry](#) - Practical, philosophical and cultural questions for KSCA



WE HAPPY FEW

Questions/Discussion