



BEGINNER'S GUIDE TO FITNESS SWORD TRAINING

Introduction

Hello there! This is Peter Keller, and I want to personally thank you for ordering a fitness sword during our recent email promotion. Life has been surreal this year with the spread of the Coronavirus. So I deeply respect that you're still investing in your strength and fitness. You're awesome!

Now, the truth is, we wanted to record some free training videos for the launch of our fitness swords. But due to this pandemic, that sadly wasn't an option. So to help you get started with your new fitness sword, we've created our "Beginner's Guide To Fitness Sword Training."

Inside this beginner's guide, you'll find free sword training resources on the following:

- [Grips](#)
- [Footwork](#)
- [Stances](#)
- [Guards](#)
- [Strikes](#)
- [Flow drills](#)
- [Workouts](#)
- [And exercises](#)

Now, even though most of these free resources were created for real swords, these free resources can also be applied to your fitness sword training. But just keep in mind that your fitness sword is much heavier than the average sword. So you may need to start slow on some movements and acclimate to the additional weight.

With all that being said, don't forget the most important thing...

...Have fun.

We created our fitness swords to give you a fun way to increase your strength and stamina. So I hope that your new fitness sword will help you relieve some stress. Especially during these challenging times.

If you have any questions about getting started with your new fitness sword, please email us at team@fringesport.com.

Stay safe and live strong!

Peter Keller

How To Properly Grip Your Sword

Free Resource #1: [\(Video\) How To Properly Grip A Sword](#)

In this video, Sean Franklin and Nicole Smith reveal proper grips for a bunch of different swords. (**Note:** The proper grip for our “Power sword” and “Omens sword” is described at [01:28](#).)

Free Resource #2: [\(Video\) Broken Wrist Positions](#)

In this video, Sean Franklin and Nicole Smith explain the mechanics behind proper wrist positioning. (**Note:** This video is relevant to all three of our fitness swords.)

Free Resource #3: [\(Video\) How To Hold The Japanese Sword](#)

In this video, Todd Norcross shows you how to properly grip a katana. (**Note:** This video is most relevant to our fitness katana.)

Free Resource #4: [\(Blog Post\) Enter The Katana](#)

In this blog post, Steven Blahut gives his thoughts and suggestions on our fitness katana. He also recommends an effective grip and a workout routine.

Footwork, Stances, And Guards

Free Resource #1: [\(Video\) An Introduction To Stance And Footwork](#)

In this video, Sean Franklin and Nicole Smith demonstrate various stances and footwork in sword training.

Free Resource #2: [\(Video\) Collapsed Knee Positions](#)

In this video, Sean Franklin demonstrates what a collapsed knee position looks like, and then he shows how to fix this injury-causing mistake.

Free Resource #3: [\(Video\) Stance And Balance](#)

In this video, Sean Franklin and Nicole Smith give you some thoughts on stance and balance in Historical European Martial Arts (HEMA).

Free Resource #4: [\(Video\) Basics Of Footwork](#)

In this video, Nick Allen reveals the two most important steps in longsword training. He also reveals the concept of moving "offline."

Free Resource #5: [\(Video\) Kendo Footwork](#)

In this video, Andy Fisher goes through the basics of Kendo footwork.

Free Resource #6: [\(Video\) The Half Step](#)

In this video, Federico Malagutti explains one of the most important steps in HEMA: the half-step.

Free Resource #7: [\(Video\) Rounds Footwork](#)

In this video, Nick Allen shows you how to perform sword training in a small area by using the "Rounds" footwork.

Free Resource #8: [\(Video\) Basic Sword Stances For Katana](#)

In this video, Raám Manzur demonstrates all the basic katana stances.

Free Resource #9: [\(Video\) The "Vom Tag" Guard](#)

In this video, Nick Allen teaches you the first of eight longsword guards. (**Note:** All of

the guards in this section can be performed with any of our three fitness swords, not just our "Omens" longsword.)

Free Resource #10: [\(Video\) The "Ochs" Guard](#)

In this video, Nick Allen teaches you the second of eight longsword guards.

Free Resource #11: [\(Video\) The "Pflug" Guard](#)

In this video, Nick Allen teaches you the third of eight longsword guards.

Free Resource #12: [\(Video\) The "Fool/Alber" Guard](#)

In this video, Nick Allen teaches you the fourth of eight longsword guards.

Free Resource #13: [\(Video\) The "Longpoint/Langort" Guard](#)

In this video, Nick Allen teaches you the fifth of eight longsword guards.

Free Resource #14: [\(Video\) The "High Vom Tag" Guard](#)

In this video, Nick Allen teaches you the sixth of eight longsword guards.

Free Resource #15: [\(Video\) The "Side/Schrankhut" Guard](#)

In this video, Nick Allen teaches you the seventh of eight longsword guards.

Free Resource #16: [\(Video\) The "Tail/Nebenhut" Guard](#)

In this video, Nick Allen teaches you the final longsword guard.

Strikes And Flow Drills

Free Resource #1: [\(Video\) Delivering A Proper Descending Cut](#)

In this video, Sean Franklin and Nicole Smith explain the technical aspects of throwing a descending cut. (**Note:** All of the cuts and strikes in this section can be performed with any of our three fitness swords.)

Free Resource #2: [\(Video\) Delivering A Proper Ascending Cut](#)

In this video, Sean Franklin goes over the basic mechanics of performing an ascending cut, also known as an undercut.

Free Resource #3: [\(Video\) Solo Cutting Drills](#)

In this video, Sean Franklin and Nicole Smith show you how to create your own cutting patterns for your sword workouts.

Free Resource #4: [\(Video\) Flow Drills](#)

In this video, Sean Franklin and Nicole Smith give you some solo cutting patterns (aka “Flow Drills”) for your sword workouts.

Free Resource #5: [\(Video\) The “Zornhau” Cut](#)

In this video, Nick Allen explains the basics of the master cuts and their uses with the “Zornhau” cut.

Free Resource #6: [\(Video\) The “Zwerchau” Cut](#)

In this video, Nick Allen continues to explain the basics of the master cuts and their uses with the “Zwerchau” cut.

Free Resource #7: [\(Video\) The “Krumphau” Cut](#)

In this video, Nick Allen continues to explain the basics of the master cuts and their uses with the “Krumphau” cut.

Free Resource #8: [\(Video\) The “Schaitelhau” Cut](#)

In this video, Nick Allen continues to explain the basics of the master cuts and their uses with the “Schaitelhau” cut.

Free Resource #9: [\(Video\) The “Schielhau” Cut](#)

In this video, Nick Allen continues to explain the basics of the master cuts and their uses with the “Schielhau” cut.

Free Resource #10: [\(Video\) Kendo Cuts](#)

In this video, Andy Fisher goes through the basics of the Kendo Suburi (aka "practice swings").

Free Resource #11: [\(Video\) The Sword Thrust And Lunge](#)

In this video, Federico Malagutti shows you how to properly perform a sword thrust and lunge.

Free Resource #12: [\(Video\) Sword Strikes & Blocks \[Part 1\]](#)

In this video, Megan Abel demonstrates various sword strikes with a katana.

Free Resource #13: [\(Video\) Sword Strikes & Blocks \[Part 2\]](#)

In this video, Megan Abel demonstrates some more sword strikes and a couple sword blocks.

Free Resource #14: [\(Video\) Longsword Drills](#)

In this video, Stephen Kime guides you through 3 longsword drills.

Free Resource #15: [\(Video\) Infinity Cuts](#)

In this video, Nick Allen gives you a great way to practice the main sword cuts and develop fluidity.

Workouts And Exercises

Free Resource #1: [\(Video\) Conditioning Workout](#)

In this video, Nick Allen shows you a bunch of sword exercises for building strength and stamina.

Free Resource #2: [\(Video\) Strength And Mobility Exercise](#)

In this video, Björn Rüter teaches a strength and mobility exercise that he's created for his sword classes.

Free Resource #3: [\(Video\) Samurai Workout](#)

In this video, a fitness instructor from DAREBEE shows you the "Samurai" workout for the katana. (**Note:** All the katana workouts in this section can be performed with any of our three fitness swords.)

Free Resource #4: [\(Video\) Dance With Dragons Workout](#)

In this video, a fitness instructor from DAREBEE shows you the "Dance With Dragons" workout for the katana.

Free Resource #5: [\(Video\) Quick Draw Workout](#)

In this video, a fitness instructor from DAREBEE shows you the "Quick Draw" workout for the katana.

Free Resource #6: [\(Video\) Ninja Hunter Workout](#)

In this video, a fitness instructor from DAREBEE shows you the "Ninja Hunter" workout for the katana.

Free Resource #7: [\(Video\) Shadow Warrior Workout](#)

In this video, a fitness instructor from DAREBEE shows you the "Shadow Warrior" workout for the katana.

Free Resource #8: [\(Video\) The Four Assassins Workout](#)

In this video, a fitness instructor from DAREBEE shows you the "Four Assassins" workout for the katana.

Free Resource #9: [\(Video\) 20-Minute Longsword Workout 1](#)

In this video, Mark from Adelaide Sword Academy guides you through a 20-minute longsword workout.

Free Resource #10: [\(Video\) 20-Minute Longsword Workout 2](#)

In this video, Mark from Adelaide Sword Academy guides you through another 20-minute longsword workout.

Free Resource #11: [\(Video\) The "Lazy" Workout For Longsword](#)

In this video, Martin Fabian reveals his "Lazy" workout for the longsword.