

KWAR/KWACC Sunday Schedule

Time	Class A	Class B	Class C	Class D	Class E	Class F	Class G
10:00	Basic Sword and Shield by Duke Lars	Teardrop (Side) Return by Duke Paul of Bellatrix	Building the fight by Duke Brannos	Strength, Balance and Flexibility, the 3 Pillars of Injury Prevention on the Field. By Mistress Irene von Schmetterling	Basic Marshalling by Master Tivar	Fundamental Mechanics for Rapier by Master Christian Fournier	Intro to German Rapier By Master Lot
11:00	Ground Fighting (It's not over if you lose your legs) by Count William of Fairhaven	Wraps by Duke Paul of Bellatrix	Training & Coaching Conversation by Duke Brannos		Different strokes--comparing ring and sail dagger in rapier play by Maestra Margalit Medicus and Master Simon Mocar	Beginning Rapier and Dagger by Master Tivar	
12:00	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break
1:00	Advanced Variations of a flat snap by Duke Lars	Single Hip Techniques by Duke Paul of Bellatrix	Introductory great sword by Duke Damien MacGavin	"Don't Forget Your Towel: Exercises to build a stronger and more stable Lunge" – By Magnifico Niccolo Falconetto, OD, OL	Giovanni dall'Agocchie's simple system for Sidesword and Sword and Buckler by Master Aeron	At the Hilts--Grappling for Longsword by Master Giovanni di Fiamma	Introduction to la Verdadera Destreza by Master Cesar López de La Coruña
2:00	Infighting - Mastering Close Combat Techniques by Count William of Fairhaven	Great Weapons by Duke Paul of Bellatrix	Sword and Great Ax by His Majesty Yngvar				

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3:00	Great Sword for Melee by Duke Damien MacGavin	Continued: Great Weapons by Duke Paul of Bellatrix	Spear by Duke Siegfried Von Kulmbach	Concussions! by Master Giovanni di Fiamma WITH Maestra Margalit Medicus	Continued: Giovanni dall'Agocchie's simple system for Sidesword and Sword and Buckler by Master Aeron	hitting people better Master Gawin Kappler	Advanced Destreza by Master Cesar López de La Coruña
4:00	Great Sword by Count Rhys	Women Fighters by Duke Paul of Bellatrix	demystifying footwork by Duke Lars		The Lunge: The Most Important Aspects to learn and to Teach by Sir Guillaume le Fort, MD, ML	Rapier from the Ground Up By Master Aeron	
5:00	Intermediate Twosword by Count Thorbrandr		building a fight game By Duke Lars	Power Generation by Duke Siegfried Von Kulmbach	intro to C&t by Master Gawin Kappler		