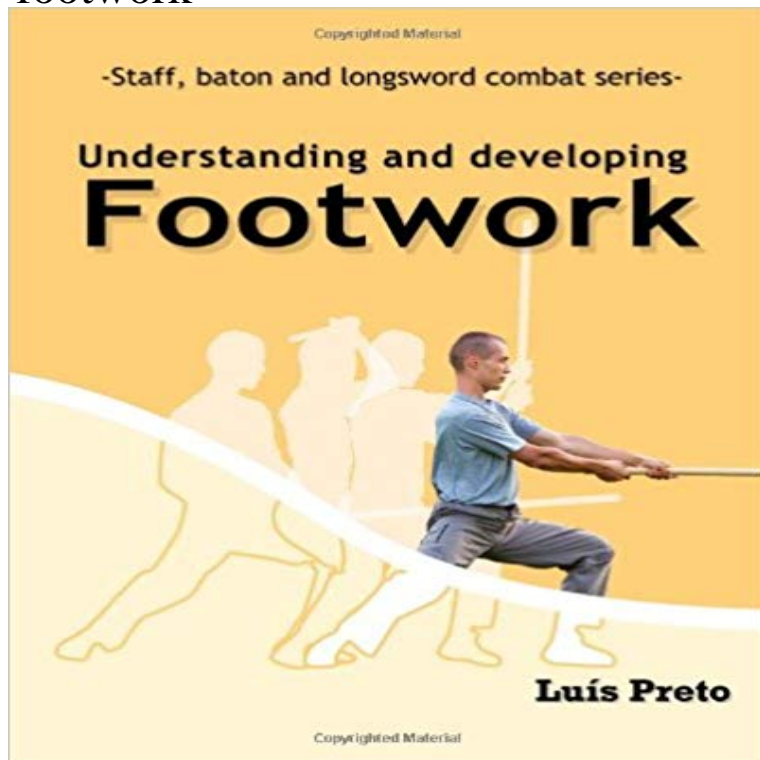


Staff, baton & longsword combat series: Understanding and developing footwork



Footwork has always been regarded as one of the most important elements to the success of a Martial Artists performance. However, almost all comments heard about this topic are, usually, generic at best: great footwork, amazing speed, better footwork, thus failing to build a better understanding about what makes up effective footwork. This easy to read book with over 100 photos looks to shed some light on this issue by analysing and systematizing:

- * The variables that make up effective footwork
- * The difference between offensive and defensive footwork
- * The relationship between footwork when using weapons of different length
- * How to learn footwork so as to have it transfer into sparring

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