

Idle 1

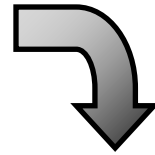
LIGHTSPEED SABER LEAGUE

This sequence introduces basic linear movement, a lunge, and a straight cut attack. It's a good warm up when done repeatedly and quickly. Consistent, disciplined footwork is the key to acing Idle 1. All advances and retreats should be the same length, and the feet should remain the same distance apart between each step. The attack, a **straight cut**, should be performed without windup of the weapon.

Note: Idle 1 teaches the fundamentals of *movement* in the standard stance, and this guide should accompany [the video](#) for training.



Standard Stance



Lunge + Straight Cut



Idle 1

Sequence:

Standard Stance

2x advances

3x retreats

1x advance

Lunge + straight cut

Recover

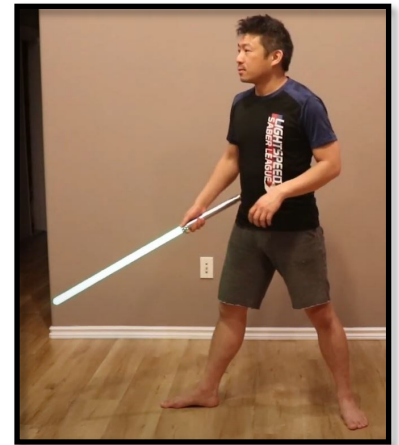
Step 0a: Std. Stance

Step 0b: Center Guard

1. Stand with your dominant (weapon) hand and leading foot pointed toward your target. **Bring your heels together** at a 90 degree angle.



2. **Step forward** with your leading foot, until your feet are at least shoulder-width apart.



3. **Bend your knees evenly**, keeping your back straight and your weight evenly distributed. Extend your weapon hand into a **Center Guard**, with your blade at a 45°, your forearm horizontal, and your weapon hand just forward of your toes, bringing your elbow away from your body.



Idle 1

Sequence:

Standard Stance

2x advances

3x retreats

1x advance

Lunge + straight cut

Recover

Step 1: Advance

Step 2: Advance

1. Begin in **Standard Stance**



2. Lift the toes of your leading foot, and **extend your foot forward**, leading with your heel. This should be a short, quick step.



3. **Shift your weight forward**, planting the toes of your leading foot. *At the same time*, lift your rear foot (do *not* drag) and bring it forward *the same distance* you moved your leading foot, **maintaining your stance width**. Check your stance to ensure that it remains unchanged.



Idle 1

Sequence:

Standard Stance

2x advances

3x retreats

1x advance

Lunge + straight cut

Recover

Step 3: Retreat

Step 4: Retreat

Step 5: Retreat

The retreat is basically the reverse of an advance.

1. Begin in **Standard Stance**



2. **Step back with your rear foot** and rock back on your heel as you lift the toes of your *leading foot*. This should be a short, quick step.



3. **Step back with your leading foot**, keeping your weight centered and maintaining proper stance. Your posture and stance should be identical *before* and *after* any advance or retreat.



Idle 1

Sequence:

Standard Stance

2x advances

3x retreats

1x advance

Lunge + straight cut

Recover

Step 6: Advance

1. Begin in **Standard Stance**



2. Lift the toes of your leading foot, and **extend your foot forward**, leading with your heel. This should be a short, quick step.



3. **Shift your weight forward**, planting the toes of your leading foot. *At the same time*, lift your rear foot (do *not* drag) and bring it forward *the same distance* you moved your leading foot, **maintaining your stance width**. Check your stance to ensure that it remains unchanged.



Sequence: Standard Stance
 2x advances
 3x retreats
 1x advance
Lunge + straight cut
 Recover

Step 7a: Lunge

1. From a **standard stance**, lift the toes of the leading foot. **Extend the leading foot forward**, straightening the leading leg at the knee. The leading foot should contact the ground *heel-first*, approximately one foot-length ahead of the starting position, maintaining a 90 degree at the ankle (toes up). The length of the lunge is dependent on individual physiology and ability; start small to perfect your technique.



2. Keep your rear foot planted *flat on the ground* as you transfer your weight forward...



3. ...bringing the toes of your leading foot down and bending the knee of your leading leg so that your shin is perpendicular to the ground. Take care not to allow your knee to extend forward past your toes. This can cause damage to the knee.



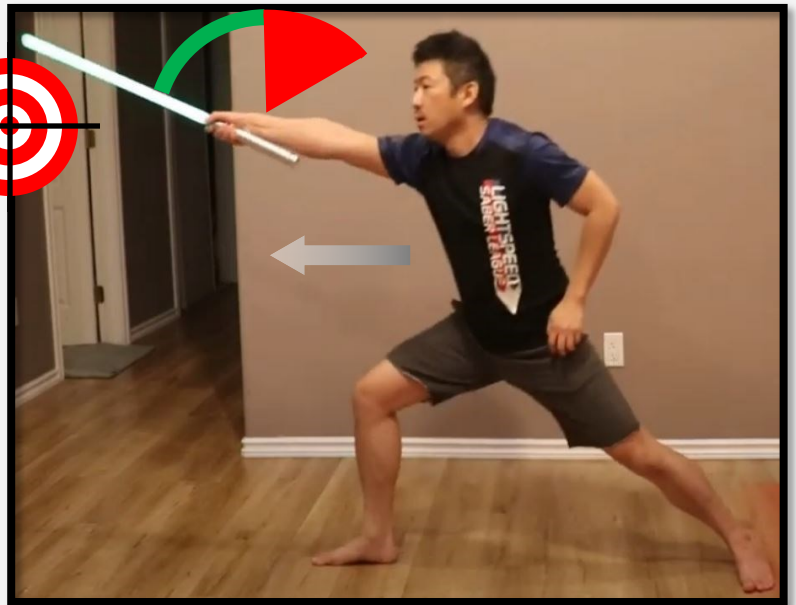
Idle 1

Sequence: Standard Stance
2x advances
3x retreats
1x advance
Lunge + **straight cut**
Recover

Step 7b: Straight Cut

- Target the forehead
- Do not draw back or “wind up” the blade before striking

As you shift your weight forward into the lunge, **extend the weapon arm** above the target with the blade in **forward guard** at approximately 45° , *no more than* 90° . **Strike downward with your wrist** to bring the blade into contact with the target.



The blade should make contact *as your toes touch down* at the completion of the lunge. Your blade and arm should be aligned and fully extended.

Consistency is key!

Practice your footwork regularly, both advances (forward) and retreats (backward), while maintaining proper stance.

Idle 1

Sequence: Standard Stance
2x advances
3x retreats
1x advance
Lunge + straight cut

Recover

Step 8: Recover

After the completion of the lunge and straight cut, you must recover to **standard stance**. This prepares you for either defense or further attacks.



- Push off of your leading (front) foot
- Straighten your back and center your weight
- Check your stance and be sure to keep your knees bent.

Proper formation of the **Standard Stance**

- Dominant hand and foot toward target
- Feet at least shoulder-width apart
- Knees evenly bent, even weight distribution

Idle 1

NONOs: How not to fail or injure yourself

Good practices protect your joints and prevent injury

Foot Position:

The toes of your lead foot must point forward in **standard stance** and while executing a **lunge** to avoid potential injury to the ankle.

Improper foot position will result in an **automatic fail** during testing.



Knee Position:

Take care to avoid **hyperextending** your lunge. This occurs when your knee moves beyond the tips of your toes.

This can cause damage to your knee, and will result in an imbalance, making **recovery** more difficult.



Hyperextension is caused either by a lunge that is too short, or by allowing the rear foot to lift off the ground, “smear,” or slide. Taking a deeper stance will lower your center of gravity, which will help keep you planted.



NONOs: How not to fail or injure yourself Good practices protect your joints and prevent injury

“Teapotting”:

Carrying too much forward momentum or a stance that is too high can result in an over-balance situation called “teapotting.” In this case, the fencer is overbalanced forward, causing the rear foot to lift off the ground. This will result in a loss of mobility and control, and can lead to a stumble or fall.



Knee Position:

Take care to avoid *hypo extending* your lunge. This occurs when your knee is insufficiently bent.

This can will result in an inability to change direction easily, making **recovery** more difficult.

Hypo extension is caused by a lunge that is too long, or by landing toes-first, rather than heel-first.

