

Movements Beat Interpretations – Turning Academic Exercises into Useful Curriculum

A large part of HEMA discourse is about 'interpretations' to techniques, which are in fact simply gross facsimiles. In reality the same interpretation could be used to describe several distinct ways of engaging the body which can produce vastly different results.

This class will explore thinking about developing a curriculum of fundamental martial arts movements versus a dizzying and unmanageable array of disparate interpretations. In this manner training can be more focused, students can progress through to the 'competent in sparring' stage much more quickly, and advanced students can expect a far higher success rate when applying more complex actions.

Content will be explained mainly in the context of German Longsword, though enterprising and creative students may attempt to perform many of the activities with other weapon sets. This course will be extremely useful for both beginners looking to increase the effectiveness of their training, and experienced instructors looking to improve their curriculum and training methodologies.

Equipment: Sword

Instructor Bio

Sean Franklin began his HEMA career in late 2011 when he began training at Blood and Iron Martial Arts in Vancouver, Canada. Due to his prior experience in the Canadian High Performance Sport System he was able to apply his physical conditioning and disciplined training focus to develop as a martial artist at a rapid rate, being able to outfight many club head instructors after only a few years' experience. Sean has experience in many weapons and traditions, having competitive medals in most tournament weapon sets.

Sean's experience in sports coaching has allowed him to rapidly develop as a martial arts instructor, serving as the Head Coach of the Blood and Iron fight team in the past. He is a passionate advocate of test cutting for both preserving martial validity and as a tool to assist the development of quality body mechanics.

He also might be most known for his instructional YouTube videos, which is ironically the least impressive credential in terms of demonstrating actual competence.