

Saturday Combat Class Location & Time

Hour	Argent	Azure	Chequey	Embattled	Ermine	Gules	Or	Purpur
8:00 AM	Fight Breakdown Sir Rayner Ulfgarsson	Round Shield for Dummies Sir Rodrekr Ormstunga Sigmundarson	Fighting from the Half Pint's Perspective Sir Helga Skjaldmær	It's Not How But When Duke Savaric	Power, Perception, Movement and Rhythmic Slow Work Duke Paul of Bellatrix	Footwork Drilling and "in fight" Implementation Sir Lachlan MacLean	Intermediate Fighting Sir Duncan MacKinnon	The Importance of Recovery Duke Sir Sean Kirkpatrick Tarragon
9:00 AM	Effective One-Handed Axe Fighting Duke Styrkarr Jarlsskald	Developing Your Style Sir Merowyn Ulfredsöttir						
10:00 AM	Making the Best of What You've Got Sir Leith	100 Things to Improve Your Fighting Duke Savaric	Success through Manipulation - How and Why Hauoc, King of the West	Footwork - Why and How Viscount Sir Abu Nur Rustam ibn Abdallah	Single Hip Technique Duke Paul of Bellatrix	Power Generation for the Smaller Statured Sir Lachlan MacLean	The Art of Becoming Sir Octamasades	Stick Mechanics Duke Sir Sean Kirkpatrick Tarragon
11:00 AM	Gaining the Flanks Sir Leith				Teardrop Return Duke Paul of Bellatrix		Movement and Motion Sir Octamasades	
12:00 PM	LUNCH	Fighting in the Now Viscount Sir Matheus Bane	LUNCH	Training Tips, Techniques and Tricks Sir Rauokinn Starradottir	LUNCH	Training vs. "Fight Practice": or How to be better at getting better. Duke leuan Gower	LUNCH	
1:00 PM		LUNCH	Defeating Self Doubt Thane Sverre Tjorkillson	LUNCH	Wraps Duke Paul of Bellatrix	LUNCH	Quigong Sir Octamasades	LUNCH
2:00 PM	Heavy Armored Grand Tournament							
3:00 PM								
4:00 PM								
5:00 PM								