

Methods of Teaching

Workshop by Chris Lee-Becker at the Academia da Espada International Meeting 2024



1. Mobilization and Warmup

⇒ Purpose and Gamification

2. The classical approach

⇒ Static technical exercise

⇒ Lesson (like in olympic sports fencing)¹

⇒ Drills

3. Aliveness system by Matt Thornton²



4. P.E.T – Principle based experience oriented training by Thore Wilkens³

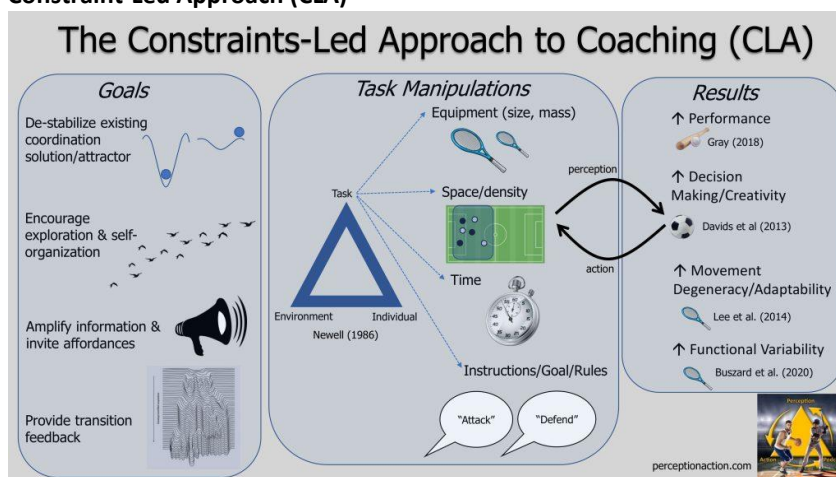
⇒ Free Moving

⇒ Knocking

⇒ Stop & Go⁴

⇒ Step by step

5. Constraint-Led Approach (CLA)⁵



6. Statical stretching

¹ <https://www.thalia.de/shop/home/artikeldetails/A1005976904>

² <https://shorturl.at/NUSrP>

³ Book currently not available / Link to presentation in German: https://youtu.be/c_6XuyOnIOY

⁴ Reference to Rory Miller's books „facing violence“ & “meditations on violence” / <https://www.amazon.de/stores/author/B002M54CNW>

⁵ <https://amzn.eu/d/g75gVbS> / <https://amzn.eu/d/7D4UthC> / <https://perceptionaction.com/cla/>