

# *Safety First!! (Principles of Stage Combat)*

- ~ *If it isn't safe, don't do it!*
- ~ *Acted Aggression* – The illusion of violence. The audience is led to believe what you show them, while you are still relaxed and in complete control of the Action.
- ~ *Control Person* – The person being Acted Upon, (choke hold, hair pull, etc.), is in complete control of the Action. The person Doing the Action is instead passively following their partner.
- ~ *Cue-~~Reaction~~ Action* – In moves requiring you to pass your hand, weapon, etc. through the line of your opponent, your Cue instigates their Reaction, and this instigates your Action. This ensures they are out of the way before you Act.
- ~ *Direction of Energy* – The illusion of sending energy towards a target, while actually directing it to a safe area.
- ~ *Eye Contact* – The confirmation that both of you are ready.
- ~ *Knaps* – Producing a sound to represent a hit.  
4 types: 1<sup>st</sup> Person, 2<sup>nd</sup> Person, 3<sup>rd</sup> Person, Shared.
- ~ *Music of the Blades* – Weapons lightly contact to produce ringing tones instead of dull, damaging whacks.
- ~ *Off Line* – The direction of your Action is not in a line towards your partner, but instead, outside of their body. (Usually 6 to 8 inches).
- ~ *Out of Distance* – You are too far away to actually make contact with your partner. (Usually 6 to 8 inches).
- ~ *Pulling a Blade* – When slashing or cutting through, you lead with the pommel and keep the blade pulled back towards yourself, increasing the safe distance.
- ~ *Secondaries* – A second, unintentional threat such as an elbow, pommel or butt-end of staff that requires special caution.
- ~ *Soft Falls*
  1. Before falling, reduce the distance between you and the floor.
  2. Use only soft parts of the body – avoid knees, elbows, head, etc.
  3. Use knaps to give the illusion of hard contact.

