

The Illusion of Violence

Combat Acting 102: Basic Unarmed

“Safety. Simulation. Storytelling.”

–David McCormick

The Illusion of Violence

- **Safety:** Performer, partner, actors, crew, audience
- **Simulation:** Making it appear **realistic** or **authentic**
- **Storytelling:** Intentions, character, story impact, audience response

Safety Methods

- Distance
- Target
- Timing
- Cooperation

Rehearsal rules

- Maximum safe velocity
- Choreograph everything

Warm up

- Jogging
- Jumping
- Joint rotations

Lesson 1: Movement A

- Stances, safe grips
- Pushing and pulling
- Flow drills

Lesson 2: Floor work A

- Review straight-back fall
- Shoulder roll
- Bum's rush
- Lapel throw
- Obstacle roll (pick up sword)

Lesson 3: Slaps A

- Why not contact slap?
- Slap with Victim knap
- Diagonal forehand/backhand
- Operator knap

Lesson 4: Strikes and Blocks A

- Boxing punches: Jab, lead, cross, hook
- Stacked jab with victim knap (distance)
- Offline straight punch (target)
- Swivel punch with operator knap
- Pat-blocks and turtle-shells

Lesson 5: Grabs A

- Safety: Cooperation and victim control
- Rear choke
- One and two-handed strangle

Lesson 6: Kicks A

- Safety: Targets
- Blocked and successful knee strike
- Knee to groin
- Blocked front kick
- Stomp

Lesson 7: Contact A

- Safety concerns
- Contact “flick” stomach punch
- Contact “collapse” stomach punch

Lesson 8: Movement B

- Review of Movement A
- Masking and knaps
- Punch trajectory
- Selling hits

Lesson 9: Floor work B

- Review Floor work A
- Kips
- Side-fall
- Cage
- Head smash on table, wall, floor
- Head throw

Lesson 10: Slaps B

- Review Slaps A
- Shared Knaps
- Interrogation slap

Lesson 11: Strikes and Blocks B

- Review Strikes and Blocks A
- Elbow Strikes
- Head butts

Lesson 12: Grabs B

- Review Grabs A
- Hair pulls
- Pinches
- Scratches
- Bites

Lesson 13: Kicks B

- Review Kicks A
- Prone stomach kick
- Prone face kick
- Supine groin kick

Lesson 14: Contact B

- Review Contact A, shared knaps
- Hammer punch
- Kirk punch

Choreography and Rehearsal

FDC Examination

- A scene with dialogue from a published play (3 minutes maximum)
- A fight in which both sides can display a variety of techniques from each lesson
- Performed at full performance speed as if in a professional play.
- A written test to show understanding of terminology and theory.



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