

Sword Work

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(Revised: 10. September 2012 by Nicola Neumann-Mangoldt)

FORMAT:

Dyad process (inside or outside)
Duration: 30 to 50 minutes

PURPOSE:

Become aware of sword of clarity and how to use it. To take responsibility for having and using our sword.

SETUP:

Various inside or outside

INTRO / BACKGROUND:

You have to have your sword of clarity. Live with the sword. The sword is inconvenient. If we put the sword away, we don't have it. If we keep our sword at ready we are dangerous. Don't put your sword away. Even when you go to bed.

INSTRUCTIONS / PROCEDURE:

When unconsciousness approaches you, you make a little distinction with your sword and are not victim of the problem. The blade of your sword is so sharp it is invisible.

1) Day 1: Learn the 8 Steps of sword work (50 min.)

As trainer, explain slowly how steps 1 to 8 work. Give a detailed demonstration with a partner you pick.

Step 0:

- Choose a partner. Bow to your partner and make contact. Look him in the eye, otherwise he cuts your head off.

Step 1:

- Stay centered. Both feet parallel. Sword in left hand (for right handed people) showing parallel to the ground, blade showing downwards. If you want, you can put the sword through your belt strap on your trousers.
- Move your right hand directly with over to the sword handle (hand close to body). Shortest way. At the same time turn the sword inside. The moment you grab the handle the sword is already turned inside. It is ONE move.

Step 2:

- Step forward with your right foot.
- At the same time draw the sword in a way that you virtually slice of the head of your partner with the blade, i. e. the blade shows to the right side. Sword comes out directly with one hand.
- Beginning is the most delicate time to make sure balance is correct. Also be centered when you sheath the sword.

Step 3:

- Put the left foot in parallel to the right foot. Take the sword with both hands.
- The top of the sword points to the partner's nose.
- Knees are slightly bent.

Step 4:

- Shake off the blood of the sword, by holding it in your right hand and moving it to the right downwards.

Step 5:

- Bring the sword back to the sheath by putting it between thumb and forefinger. Top of the sword shows upwards.

Step 6:

- Move the sword so that the top shows downwards, ready to be put back into the sheath.

Step 7:

- Put the sword back into the virtual sheath. Leave your right hand still at the handle.

Step 8:

- Stand centered. Both feet in parallel, right arm hanging loose, left hand holding sword parallel to the ground.

Exercise: Moving forward and backward.

As soon as people know the 8 steps, make them practice moving forward and backward in step 3. Swords cross about 10cm. Pay attention that people don't hold their swords too high and that they keep the distance. They should look the partner in the eye or on his chest.

Make the participants walk back to the training room practicing the 8 steps until they have reached the room. Ask them to observe if panic arises first, tension, force.

Make them change hands. Left to right hand to left hand practice.

2) Day 2: Steps 3a, b, c. Learn to say YES and NO (30 min.)

Repeat steps 1 to 8.

Then teach people steps 3 a, b, c.

Step 3a:

- Turn sideways to the left by turning left feet.
- At the same time turn both hands and sword to the right (kind of twisted movement) so that the sword shows parallel to the ground with the blade showing upwards.
- You still look at your partner.

Step 3b:

- Turn fully around to the left, looking into the other direction (180° rotation).
- Put the sword up over your head, holding it with both hands, the sword showing still parallel to the ground.

Step 3c:

- Move the sword downwards till it is parallel to the ground. At the same time shout YES or NO (be the warrior).

Then repeat the same 3 moves into the other direction so that you face your partner again and say the YES/NO towards him.

Do this several times. First with instruction. Then let the participants to it themselves. Don't forget to do the steps 4 to 8 afterwards (or also in between).

Make the participants walk back to the training room practicing the 8 steps (without 3 a-c) until they have reached the room (observe if panic arises first, tension, force.)

Further exercise: Defend yourself

- Both feet parallel to the ground. Both partners facing each other.
- Partner A starts attacking from the middle, feet parallel shoulder-wide. (imagine a line between both feet).
- Partner B moves left foot close to his right foot (as if he was standing on the right side of the line). He holds his sword with both hands to the left side in front of his body, sword showing downwards, blade showing outwards.
- Sword of Partner A touches the outside of the sword. Partner A continues the movement in the form of an 8 and moves into defense position, his feet moving to the left side of the line.
- Partner B now puts his feet again in the middle (one foot on each side of the virtual line) and attacks from this position.
- Then Partner B moves to the left side of the line into the defense position, while Partner A moves to the middle to attack again.

Further exercise: Respond as a YES

- Both partners hold out their sword.
- Partner A starts attacking by moving forward, insulting Partner B (e. g. saying „You are an idiot“)

- Partner B just turns his wrist slightly when the „problem“ comes so that the sword of Partner A moves sideways. At the same time he is a YES for Partner A and responds accordingly (e. g. “Can you help me to change?”)

Further exercise: Receive the power and take the sword

- Partner A has a sword, partner B faces him without sword.
- Partner A tries to hit partner B.
- Supposed A holds the sword with the left hand below and the right hand above.
- Partner B turns his right shoulder and arm backwards sideways so that he doesn't get hit. Then B steps forward and grabs with his LEFT hand the left wrist of partner A and moves the left hand in between the left and right hand of partner A holding the sword.
- Then partner B pushes partner A down with his left shoulder until A is lying on the floor. Partner B keeps moving by turning around backwards to the right (following the left shoulder) with the sword of partner A in the hands. B keeps turning until he is standing right in front of partner A.
So partner B receives the sword of partner A and says “What can I do for you”.
- The idea is to take/receive the energy and be in contact with partner A instead of fighting him.
- Then roles change. Partner B now has the sword and partner A receives the energy and sword.
- Keep practicing several minutes.
- Then have people change hands, i. e. in the above example partner A would hold the sword with the right hand below and the left hand above.

3) Day 3: What can I do for you? (20 min.)

Demonstrate: PM takes 3 steps towards the client and asks “What can I do for you”. You are looking at the clients problems from their perspective.

Coach on posture, sword, tone of voice (has to go down. It is not a question)

DEBRIEF:

Ask the participants to share about their experience.