

3

PALAKÁT

FOOTWORK

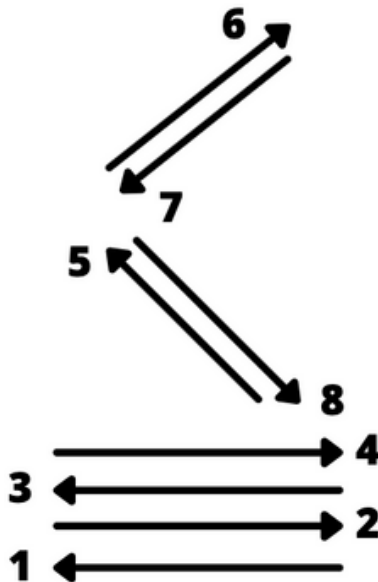


FOOTWORK DRILLS

One of the first things you may notice about Bernas Estocadas is that a practitioner of this system will always be moving. Footwork is synchronised with every strike and block from the very beginning. As the art has a specific focus on handling multiple opponents, multi-directional footwork is an essential and standout feature of the system. The student of Bernas Estocadas will learn to strike and block while moving laterally, as well as advancing and retreating.

STANDARD FOOTWORK TEMPLATE

The standard footwork template is used for many of the drills in Bernas Estocadas, including *Palakát* (footwork), *Paníndog* (stance), *Opensa* (striking), *Depensa* (blocking), and *Páres Páres* (paired striking and blocking) training routines.



When performing a routine using the standard footwork template, repetitions 1-4 involve moving side-to-side, repetition 5 & 6 involve advancing to the left and right, and repetition 7 & 8 involve retreating to the left and right.

OPENSA PALAKÁT 1 & 2

Footwork for Opensa 1 & 2 involves a double-step action. Start in Cat Stance with weight on the right leg (Fig. 1). When stepping left, the left foot moves first (using the stationary right leg as a base to push off from). When the left foot reaches its destination the weight shifts to the left foot, and the right foot catches up into a Cat Stance (Fig. 2). These directions are reversed when stepping back to the right. Switch your stick from shoulder to shoulder (tip up) as you step.



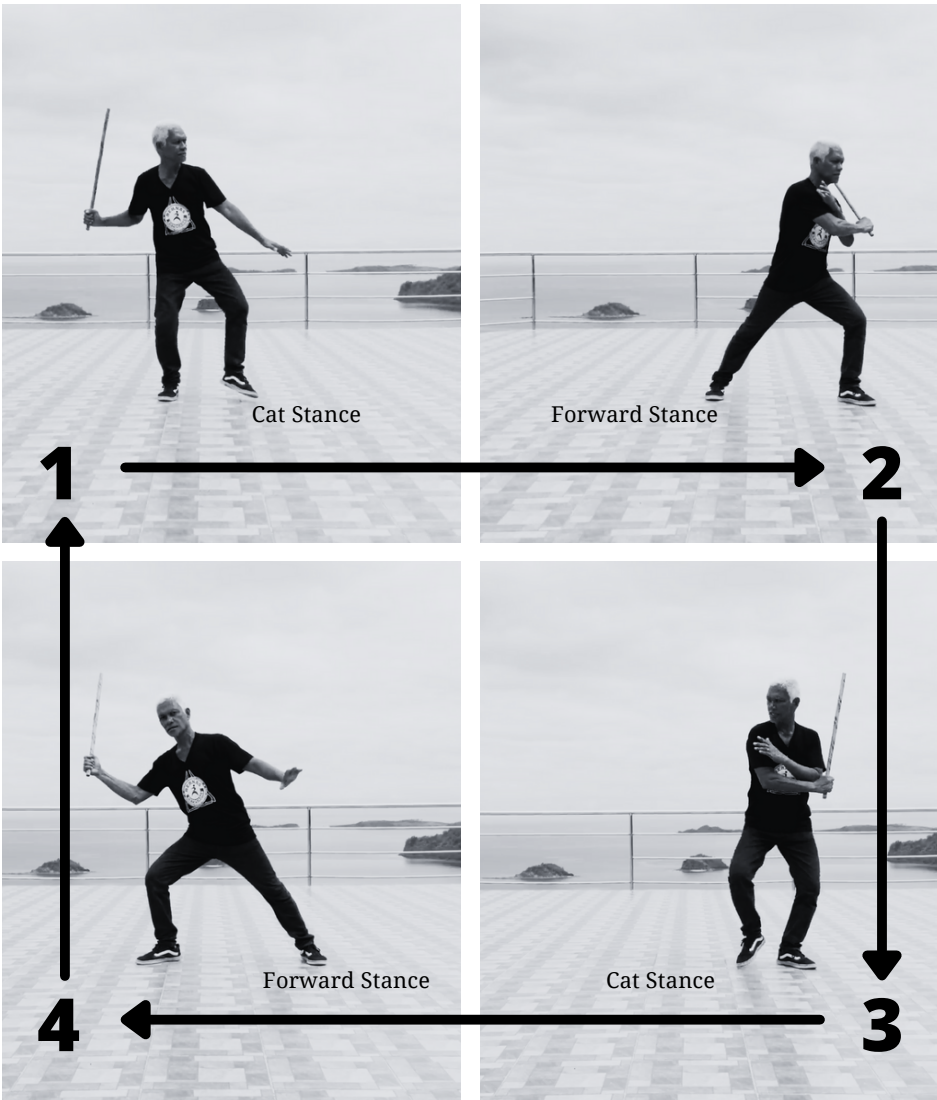
OPENSA PALAKÁT 3 & 4

The footwork for Opensa 3 & 4 is identical to that used for 1 & 2, with the exception that you should bend your knees more, and adopt a lower stance throughout the stepping action; and the stick is kept low (tip down) while shifting side to side with your stepping.



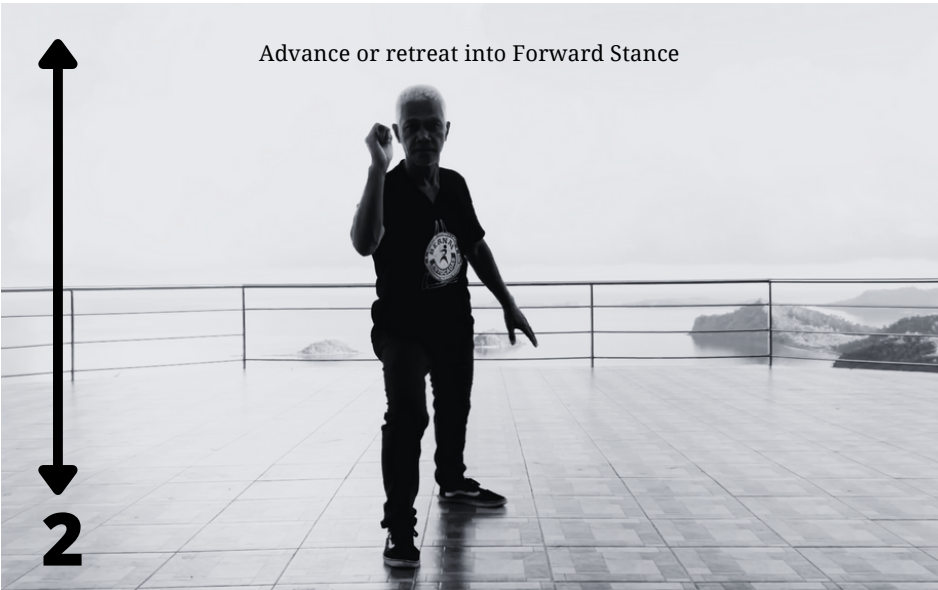
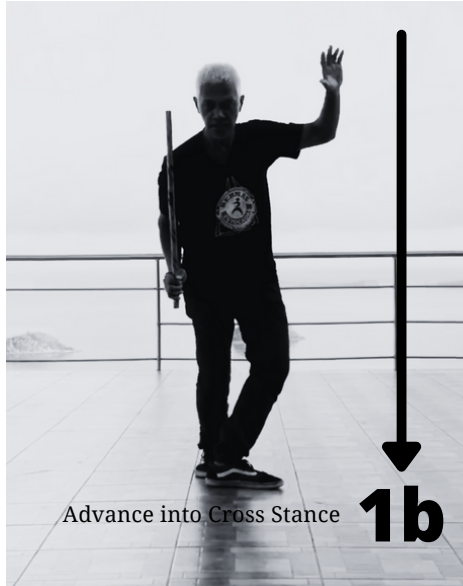
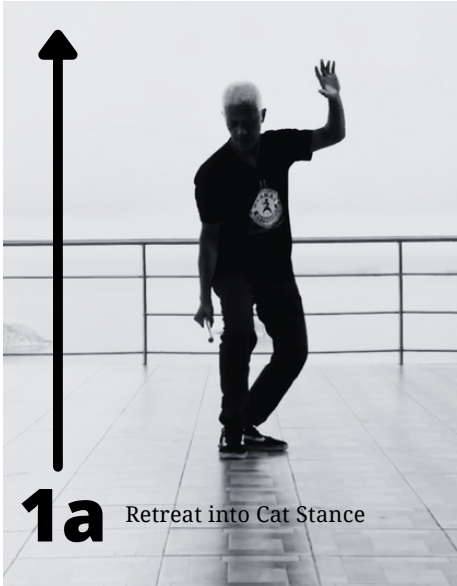
OPENSA PALAKÁT 5 & 6

To practice the footwork for Opensa 5, start in a Cat Stance with your weight on your right leg (Fig. 1). When moving left, step out with the left foot into a Forward Stance, shifting your weapon from an *Abierta* position to a *Serrada* position (Fig. 2). To perform the footwork for Opensa 6, shift all your weight onto your left leg forming another Cat Stance (Fig. 3), then step out with your right leg into a Forward Stance, shifting your weapon from a *Serrada* position to an *Abierta* position.



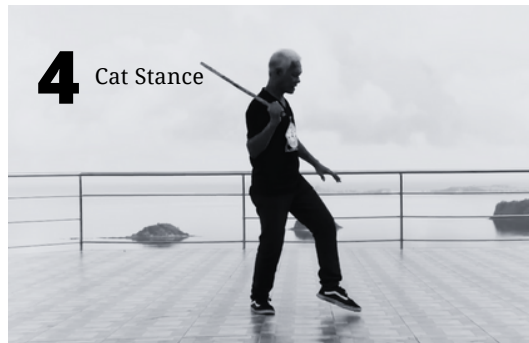
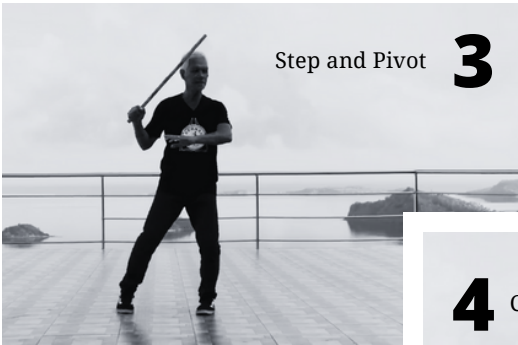
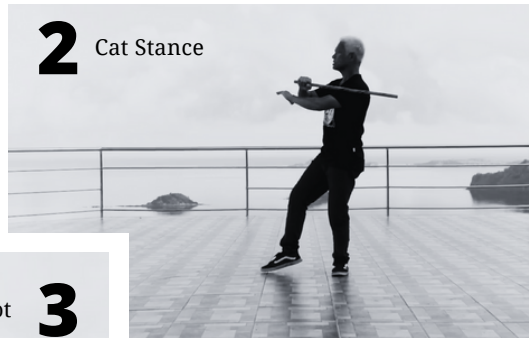
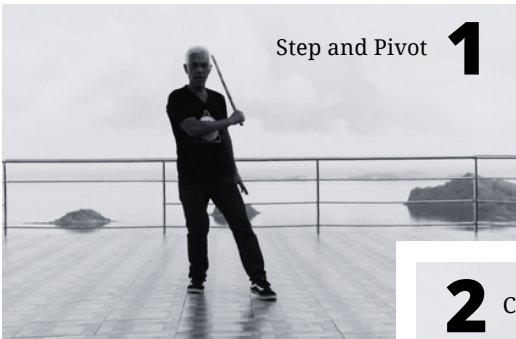
OPENSA PALAKÁT 7 & 8

When practicing the footwork for Opensa 7, you step back into Cat Stance with the weight on your left leg (Fig. 1a). If advancing with Opensa 7 you step into Cross Stance with the weight on your right leg (Fig. 1b). When advancing or retreating with Opensa 8, you move directly into a Forward Stance with the weight on the right leg (dropping the stick for Opensa 7 and raising it for Opensa 8).



OPENSA PALAKÁT 9 & 10

To practice footwork for Opensa 9, step to your left with your left foot landing with the heel first, and shifting your weapon from *Abierta* to *Serrada* (Fig. 1), then as you shift your weight onto your left leg, pivot into a Cat Stance facing to the right (Fig. 2). For Opensa 10, step with your right foot to the right, placing your heel on the ground first, and shifting your weapon from *Serrada* to *Abierta* (Fig. 3), then as you shift your weight onto the right leg, pivot into a Cat Stance facing the left (Fig. 4).



OPENSA PALAKÁT 11 & 12

For Opensa 11, retreat by stepping your right leg in front of your left leg forming a Cross Stance, with your weapon held low (Fig. 1a & 1b). For Opensa 12, step forward with your right leg into a Forward Stance, with your weapon parked on your right shoulder (Fig. 2).

Cross Stance (Front View)



Forward Stance



Cross Stance (Side View)

