

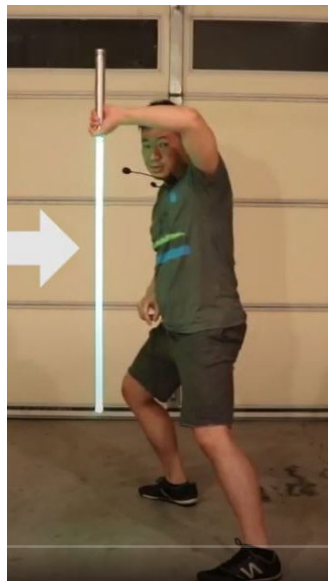
GARRISON I

This sequence features all 10 *shields* in the Lightspeed Saber passive defense system. A *shield* is a static blade position that protects areas of the body from attack. Proper shielding depends on good blade geometry. This includes placement of the blade, as well as its angle. Proper footwork is key to an effective shield.

Mirrored for Right-hand



1. From **standard stance** and your basic guard, **pivot** to a **Back Stance** and **shield 1**.



Notice that the front foot should pivot on the toes, and the rear foot should pivot on the heel. Weight should be on the rear leg, with the front leg straight. Keep your arm high enough to see beneath.

Mirrored for Right-hand



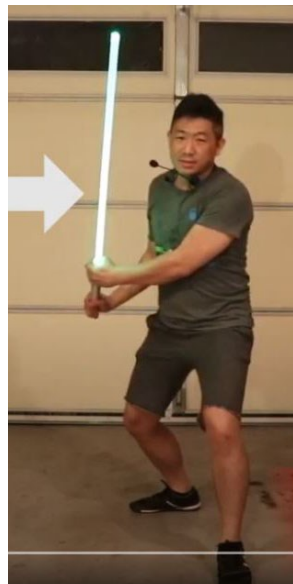
2) From **back stance** and your basic guard, **de-pivot** to **standard stance** and **shield 2**.

Notice that the front foot should be pointed forward, weight even, knees bent.



3) From **standard stance**, **pivot to square stance** and **shield 3**.

Notice that both feet should be pointed forward, with the rear heel off the ground, shoulders squared. The blade should be held away from your body, with the tip angled slightly toward you.



4) From **square stance**, **de-pivot** to **standard stance** and **shield 4**.

Notice that the blade should be held away from your body, with the tip angled slightly toward you.

Mirrored for Right-hand



5) From **standard stance**, move the blade *through the center of mass*, upward into **shield 5**.

Notice that the blade is above head level, and angled downward, away from the hilt.



6) From **standard stance**, **pivot to back stance** and **shield 6**.

Notice that the blade is above head level, and angled downward, away from the hilt.



7) From **back stance**, **de-pivot** to **standard stance** and **shield 7**.

Notice that the top hand is supinated (palm upward), arm straight.

Mirrored for Right-hand



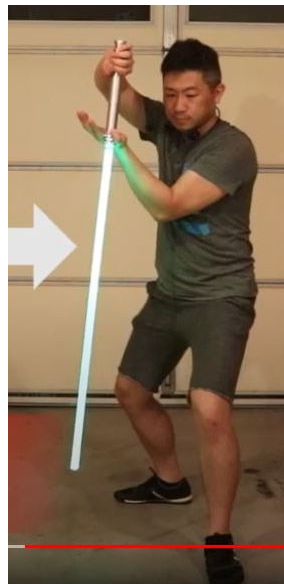
8) From **standard stance**, cross the blade to the outside, into **shield 8**.

The top hand should now be in a *pronated* (palm downward) position. Square stance is also acceptable for shield 8.



9) From **standard stance**, **pivot to square stance** move the blade through the center of mass into **shield 9**.

Notice that Shield 9 uses and a pommel grip, with the top hand bracing the hilt between the thumb and forefinger. Be sure that you can see under your raised arm.



10) From **square stance**, **de-pivot to standard stance** and cross the blade through the center of mass to **shield 10**.

Notice that shield 10 also uses a pommel grip.