

URBAN RONIN STUNT TEAM



SAFETY BROCHURE

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Safety Information

Overview

Urban Ronin Stunt Team, a division of Historic Entertainment, a Florida not-for-profit, has the finest stunt combat safety record in South Florida. The cornerstone of our system is safety. By following our protocols, we promise that your stunt combat performance will not *look* safe, but you will *be* safe.



Who is this Brochure For?

This brochure is written for anyone interested in additional information about Urban Ronin Stunt Team's safety procedures and policies. If you are considering membership in Urban Ronin, you will be expected to be familiar with all the concepts described in this brochure.

That looks dangerous! How can it be safe?

Here's the absolute truth on safety:

If you are prepared to:

- *follow a few simple concepts*
- *follow our Safety Protocols*
- *learn a detailed combat "language"*
- *learn to control your body*
- *and learn how to respect every weapon*

...you will be safe.



What is Stunt Combat?

Stunt combat is how actors create the illusion of fighting. Our methods are the same used by big movie studios and professional stuntmen. That means we use the same systems developed by Hollywood to protect their multi-million dollar actors.

How We Train for Safety

Our first stage of training focuses on developing advanced motor skills.

We will teach you:

- basic combat stances
- footwork
- stage falls & rolls
- combat movement

We are teaching you the beginnings of how to perform a combat "dance." Once you have mastered movement, we begin teaching you punches, kicks, knee strikes and elbow strikes. If you prove that you can follow the safety protocols and are not a threat to those around you, then you'll learn more advanced moves.



Figure 1: Proper Combat Stance

At every stage in the teaching process, our certified combat instructors are measuring the trainee's understanding and competence in stunt combat. If you consistently show that you are unsafe, you will not be permitted to advance in your training. Our trainers test each student's ability to understand and apply each of our five protocols before allowing them to proceed to the next level. This means that before a student ever touches a weapon, they must first pass our basic training exam.

Our 5 Safety Protocols



Figure 2: Out of Distance Fighting

You will be allowed to learn an in-distance weapon when you have proven yourself completely proficient in our combat system and all safety protocols.

1. Proper Distance - You must maintain a safe distance from your partner.

Most of our combat styles are taught to be performed outside of the reach of your partner's weapon. We maintain the illusion of danger by taking advantage of audience point of view and perspective.

Only students that have proven a mastery of our combat system are permitted to study "in-distance" weapon styles. You

2. Targeting – Safe targets mean no one even gets touched.

In our training system every attack has a specific target that is *outside* your partner's body. Proper targeting uses the audience's perspective to mask a strike without ever touching your partner. This minimizes the risk of injury to both parties, and is safer than sparring at a martial arts school.

Please take a moment to examine Figure 3 on the right. You will notice that the actor on the right is catching the kick near his stomach. The actor throwing the kick has his leg fully extended so there is no more force behind that kick. The actor on the right then reacts as if he has been kicked in the stomach.



Figure 3: Proper Targeting of a Stomach Kick

3. Speed- Slow down!

If you think you are going slow enough, then go slower. Whenever new partners start working together to choreograph a fight routine, they must work slowly. We call this "Tai Chi" Speed and it teaches body control and proper reaction.



Figure 4: Slow speeds develop muscle memory.

Once you develop Partner Awareness and a thorough knowledge of the choreography you may increase your speed to 1/4 speed. If you can perform it safely 25 times at 1/4 speed then you can move up to 1/2 speed. And so on until you reach Performance Speed which is about 3/4. Full speed is reserved only for the most experienced performers. While we know it sounds tedious, it is this method that guarantees a great and safe performance.

4. Partner Awareness -
Always know where your partner is.

This means you must try to maintain eye contact at all times. Partner Awareness is developed by working together and creating a combat rhythm. This is part of why partners who have never worked together must start with very slow motions.

Please take a moment and examine Figure 4 on the right. You will notice that the actor on the left has his leg cocked back for a kick. However, you



Figure 5: Action - Reaction & Partner Awareness

will also notice that the actor on the right has already dropped to a safe, crouched position that will allow the kick to fly safely over his head. The kicking actor is purposely waiting for his partner to drop before unleashing the overhead kick. When performed at speed, this delay is not noticeable.

That is why all our members must be focused on what they are doing! If you are incapable of paying attention then you will not last long in Urban Ronin. You must focus on your body and your movements all while being aware of your partner's movements and relative distance.

5. Non-Verbal Communication – Know how to talk without speaking!



There are countless means you can develop with your partners to communicate non-verbally. We will teach you our standard facial cues, hand gestures and vocalizations that allows you to exchange information with your partner during a performance. For example, if you stumble and want to let your partner know you're OK, you give a single head bob after establishing eye contact. This system will ensure you can always communicate with your partner under any circumstances.

Proper Practice Attire

If you want to take part in Urban Ronin practices, you must have the proper clothing and footwear.

Shoes

Shoes must be closed toed, properly fitting athletic shoes or boots. No sandals, flip-flops or bare feet allowed! Footwear should also provide sufficient traction for easy movement on a variety of surfaces.

Clothing

All members must wear shirts and pants or shorts. Please do not come to practice dressed in clothing that restricts movement. Also, refrain from wearing clothing with excessive metal attachments such as buckles, zippers or chains which may snag or catch while you are trying to work. Also, remember to wear clothing that can get dirty. Ladies, no skirts, please.

Jewelry

We ask that you not wear any jewelry during practice since it can easily get caught on clothing. We wouldn't want you to lose anything valuable at practice. Please remove all earrings, nose rings and other such jewelry prior to practice.

Gloves

Some weapon trainers require gloves for stunt combat and others do not. This is completely up to your combat trainers. However, in all cases, snug fitted gloves that protect your entire hands are preferable.



Hat

While it is not strictly required, it is a good idea to wear a hat outdoors in South Florida. Wearing a hat will protect you against heat stroke and other dangers of working outdoors.

Anything Else?

If you like, you are welcome to bring a bottle of water or a sports drink. We do not recommend that you drink soda during practice. Some members also bring folding chairs to sit on during break times though most just lounge on the grass.

8 Most Common Injuries

No matter what happens we always call the Emergency Contact if there is a problem.

All Urban Ronin instructors are certified in first aid.

- 1. Sunburn:** Our most common injury is sunburn. Since we rehearse outdoors many of our new members forget to put on sunscreen. We always have sunscreen available at practices if they forget to bring their own.
- 2. Dehydration:** You have to drink water! You must stay hydrated during the day. We practice outdoors so you must drink water during the course of the day. We always have water at practice and we have scheduled water breaks. Take advantage of the time to get a drink and cool off.
- 3. Insect Bites:** The joys of being outdoors in South Florida! If you are not paying attention and you sit on an anthill then we will all share a laugh at your expense. Insect bites are treated with an over-the-counter topical antihistamine. If you experience shortness of breath, wheezing, chest tightness or pain, difficulty speaking or swallowing, faintness, weakness or infection, please inform a Trainer immediately. We will contact emergency services (911) and your emergency contact directly.
- 4. Heat Exhaustion:** Wear a hat! We don't care what kind of hat you wear as long as it covers your head and provides some shade for your brain. Symptoms of heat exhaustion include headache, nausea, vomiting, fatigue, weakness, muscle cramps and aches, and dizziness. If you choose to ignore the condition it can become much more serious. If you feel any of these symptoms, tell a Trainer!
- 5. Sprained Ankles:** Proper footwear is required for rehearsals! You are required to wear closed-toe athletic shoes with laces. Wearing the wrong shoes practically guarantees a sprained ankle. If you have weak ankles it is recommended that you also wear an athletic brace in addition to the proper shoes.
- 6. Heat Cramps:** When you are dehydrated and working in the sun, sometimes you get to enjoy heat cramps. These are miserable. Heat cramps are muscle pains or spasms, usually in the abdomen, arms, or legs. If you experience these, get in the shade, drink lots of water and be miserable for an hour or two. You'll be just fine afterward.
- 7. Heat Rash:** These are also fun. It's basically like a diaper rash caused by excessive sweat. We recommend you get out of the sun and keep the area cool and dry. Don't put lotion or creams on as they will only keep you moist and hot.

8. Heat Stroke: These are uncommon but they still happen about once every 3-4 years. When a member has ignored the warning signs of heat exhaustion and continues to work in the sun, he will eventually collapse from heat stroke. In these cases we immediately start to hydrate the patient with glasses of water and we move into a car with the air conditioning running. We will immediately call the members emergency contact and emergency services (911).

What About Stabbings?



Historic Entertainment, a Florida not-for-profit, has the finest safety record in South Florida. Since 2004 we have trained over 300 stunt combatants and we have never had a stabbing injury. We fully intend to keep it that way.

To begin with, all our weapons are blunted to remove points and sharp edges. We train extensively and we will not put a weapon into a student's hands until we are completely confident in their ability. We must be convinced of their understanding of our safety system and techniques, otherwise they will not be permitted to handle weapons.

A Word on Stupidity

This is not meant to be a joke. Generally, the most common cause of an injury is because someone was acting stupid and clowning around. If you decide to start fooling around and disregarding our combat safety system then you will get hurt.

We teach the same system that is used to safeguard multi-million dollar movie actors. If you think that all rules should be broken then you don't belong here. If you exhibit a consistent lack of good sense (i.e. stupidity) we will ask you to leave.



We will not tolerate stupidity when the safety of others is involved.

Combat Trainers

All Urban Ronin combat instructors are certified stunt combat specialists. Our staff has over 30 years of combined experience in stunt combat, and their knowledge is completely at your disposal.

Ignore their wisdom at your peril!

For a complete listing of our current Combat Instructors, their qualifications and certifications please visit: <http://www.urbanronin.org/trainers.htm>



For Parents & Guardians

All Urban Ronin practice sessions are open to anyone. We invite you to attend practice with your children. You are welcome to participate or to observe practices to ensure that your child is safe. We formed Urban Ronin as a safe haven for young people where they can interact with their peers and exercise. We have a zero tolerance policy on drugs, alcohol and any criminal behavior.

We encourage you to remain involved in your children's activities.

Contact Information

If you have any questions or concerns, please feel free to contact either:

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Conclusion

As you can see, by adhering to some simple guidelines, you can be safe while you learn stunt combat. We hope to see you at our practices!



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