

Blitz II is an introduction to moving into and out of range of your target while attacking. This sequence adds new attack types to the linear footwork repertoire as well as introducing grip-switching, to increase your versatility. The entire sequence alternates between left and right, or forehand and backhand.

Note: This guide should accompany [the video](#) for training.

Cut: This is a short, fast, one-handed attack. Cuts chain together well, with themselves or other movements. They leave the hand vulnerable, however.

Sweep: This is a long attack beginning in a high guard and ending in a low guard. Sweeps are swift and powerful and protect the hands, but leave the body open to attack.

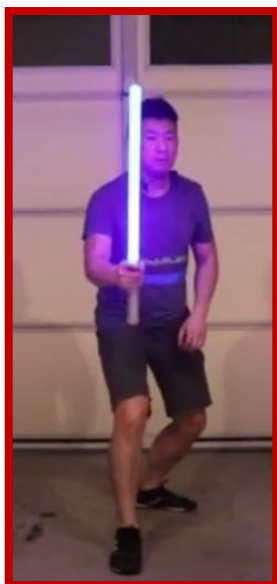
Strike: This is a short, two-handed attack, similar to a cut. Strikes are even faster than cuts, but suffer some loss of range, and are not quite as nimble.

Slash: A long two-handed attack similar to a sweep, a slash is even faster and more powerful, but sacrifices range and mobility.

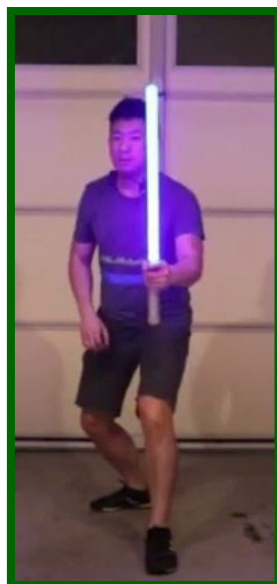
A **diving attack** is executed across the body at a diagonal, from upper to lower.

A **flat or lateral attack** is executed horizontally.

Mirrored for Left Hand



Mirrored for Right Hand



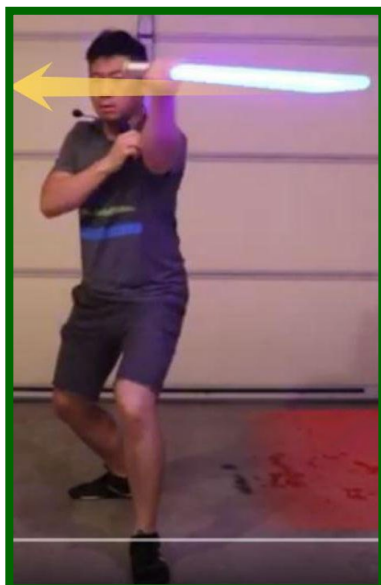
**Blitz II consists of
4x 3-hit combinations
1x finishing move**

Begin in **Standard Stance**

Combo 1: 2x lateral cuts
1x diving sweep



1. **Advance** as you perform a *backhand lateral cut*. This cut will be *chambered* (initiated) with your weapon arm across your body, with your dominant hand positioned palm-down.



2. Bending at the elbow, bring the blade over your head in an arc to perform a *forehand lateral cut*. Your dominant hand will grip the hilt palm-up.

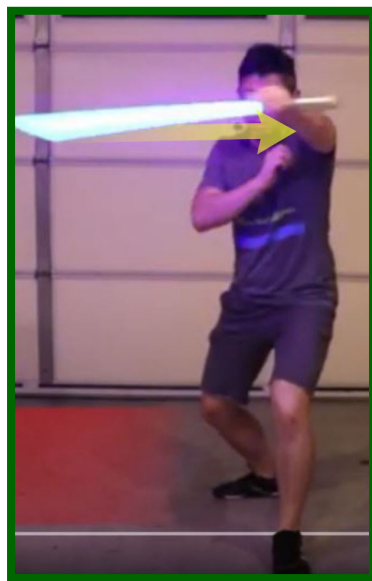
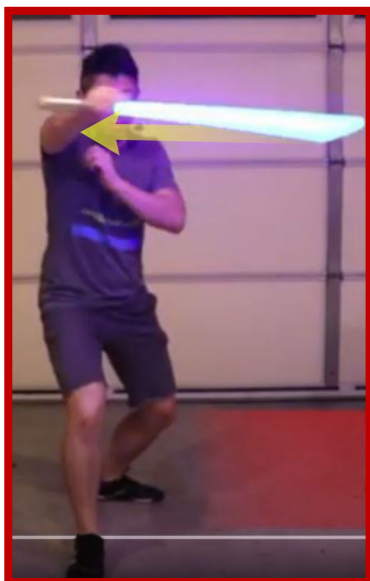


3. Initiate your **Retreat** as you perform a *backhand diving sweep* diagonally across your target from high to low. make sure that the attack is delivered *before* the lead foot leaves the ground, or you will sacrifice range.

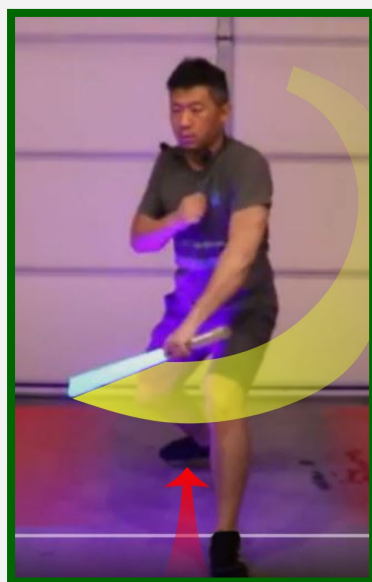
Combo 2 (reverse of combo 1): 2x lateral cuts
1x diving sweep



4. **Advance** as you perform a *forehand* (palm-up) **lateral cut**.

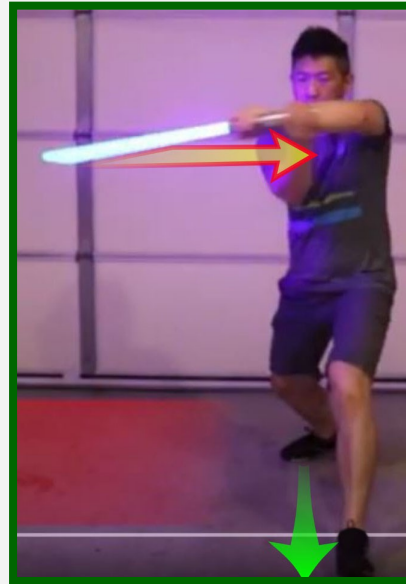


5. Bring the blade over your head in an arc to perform a *backhand* **lateral cut**.



6. Initiate your **Retreat** as you perform a forehanded **diving sweep** diagonally across your target from **high to low**. make sure that the attack is delivered *before* the lead foot leaves the ground, or you will sacrifice range.

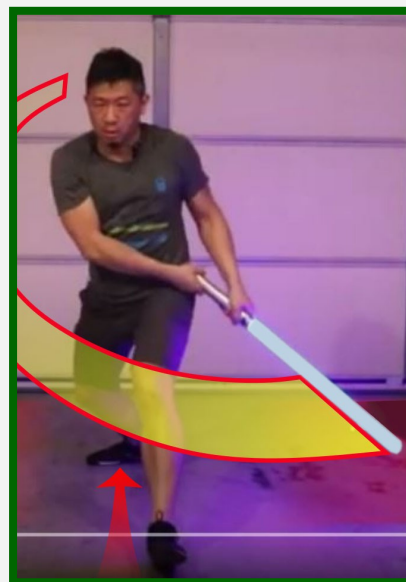
Combo 3: 2x lateral strike
1x diving slash



7. Grip your hilt with both hands. **Advance** as you perform a *backhand lateral strike*.



8. Draw the blade over your head in an arc to perform a *forehand lateral strike*.



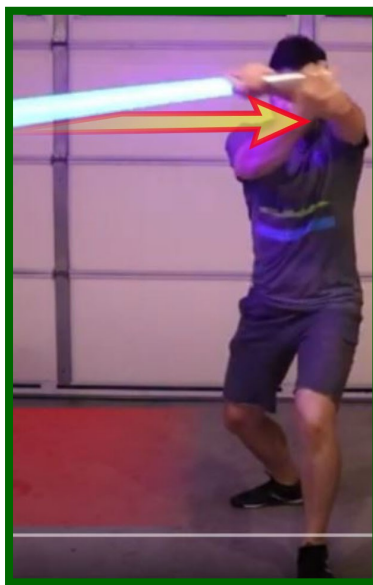
9. Initiate your **Retreat** as you perform a **diving slash** diagonally across your target from high to low. make sure that the attack is delivered *before* the lead foot leaves the ground, or you will sacrifice range.

Combo 4 (reverse of combo 3):

2x lateral strike
1x diving slash



10. **Advance** as you perform a *forehand lateral strike*.

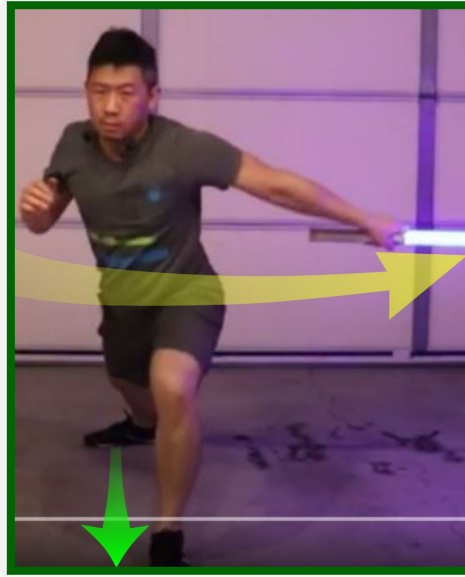
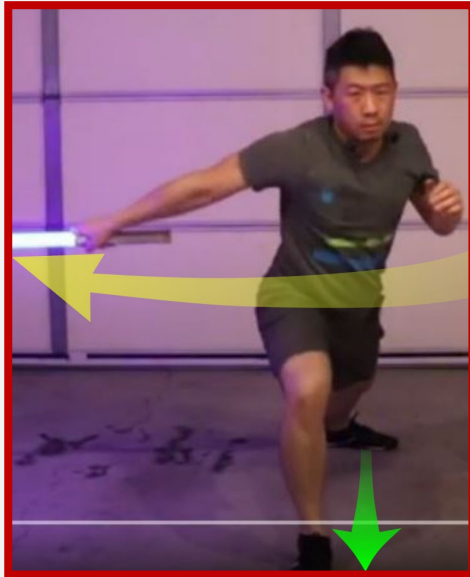


11. Bring the blade over your head in an arc to perform a *backhand lateral cut*.

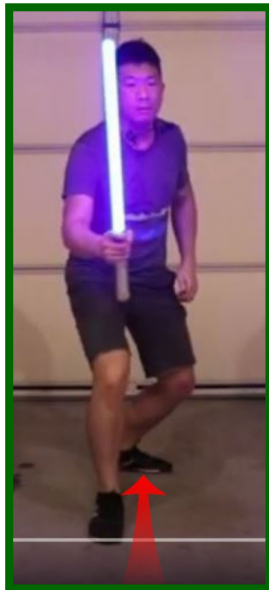
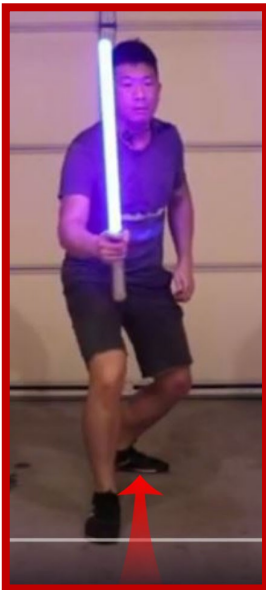


12. Initiate your **Retreat** as you perform a forehanded **diving slash** diagonally across your target from high to low. Be sure that the attack is delivered *before* the lead foot leaves the ground, or you will sacrifice range.

Finishing Move: - flat sweep lunge
- recovery



13. **Execute a Lunge** while performing a **Lateral Sweep**, chambered in the inside hemisphere. The sweep should enter the target zone *as you reach full extension*, completing your lunge.



14. **Recover** to **standard stance** and **center guard**.

Combo 1:

2x lateral cuts
1x diving sweep



1. **Advance** as you perform a *backhand lateral cut*. You will be stepping into range of your opponent as you attack. Your attack should land as the toes of your lead foot touch down.



2. Bending at the elbow, bring the blade over your head in an arc to perform a *forehand lateral cut*. Your dominant hand will grip the hilt palm-up.

Combo 1:

2x lateral cuts
1x diving sweep



3. **Retreat** as you perform a *backhand* **diving sweep** diagonally across your target from high to low. make sure that the attack is delivered *before* the lead foot leaves the ground, or you will sacrifice range.



4. **Advance** as you perform a *forehand* (palm-up) **lateral cut**.

Combo 1:

2x lateral cuts
1x diving sweep

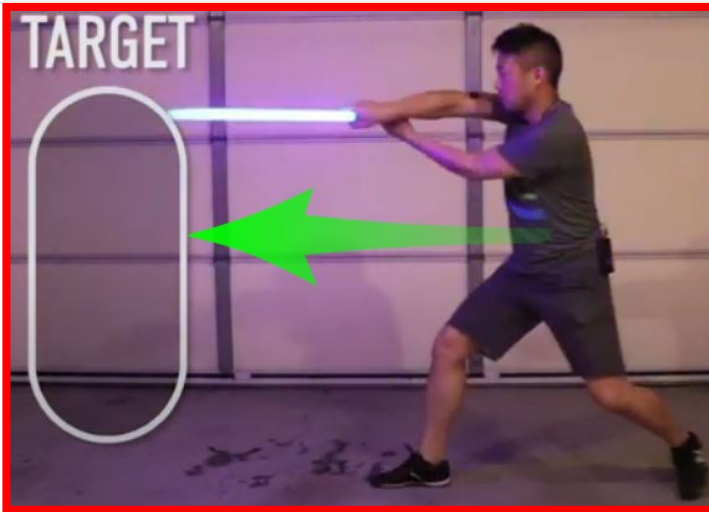


5. Bring the blade over your head in an arc to perform a *backhand lateral cut*.



6. Initiate your **Retreat** as you perform a forehanded **diving sweep** diagonally across your target from high to low. make sure that the attack is delivered *before* the lead foot leaves the ground, or you will sacrifice range.

Combo 1: 2x lateral cuts
1x diving sweep



7. Grip your hilt with both hands. **Advance** as you perform a *backhand lateral strike*. Be sure to fully extend your arms for maximum reach.



8. Draw the blade over your head in an arc to perform a *forehand lateral strike*.

Combo 1: 2x lateral cuts
1x diving sweep



9. **Retreat** as you perform a **diving slash** diagonally across your target from high to low. make sure that the attack is delivered *before* the lead foot leaves the ground, or you will sacrifice range.

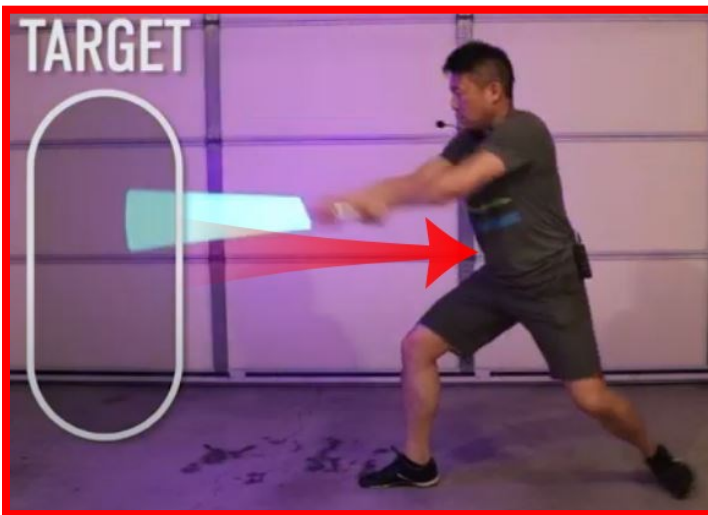


10. **Advance** as you perform a *forehand* **lateral strike**.

Combo 1: 2x lateral cuts
1x diving sweep



11. Bring the blade over your head in an arc to perform a *backhand lateral cut*.



12. **Retreat** as you perform a *forehand diving slash* diagonally across your target from high to low. Make sure that the attack is delivered *before* the lead foot leaves the ground, or you will sacrifice range.

Combo 1: 2x lateral cuts
1x diving sweep



13. **Execute a Lunge** while performing a **Lateral Sweep**, chambered in the inside hemisphere. The sweep should enter the target zone *as you reach full extension*, completing your lunge.



14. **Recover** to **standard stance** and **center guard**.