

## PRESS RELEASE- ONE DAY WORKSHOP WITH SWASHBUCKLING CORNWALL

Building on the success of the popular Swashbuckling Workshops held during last years Falmouth Week, Swashbuckling Cornwall is running a one day “Introduction to Stage Combat”, the style of ‘safe’ fighting used in film, television and theatre, just like you see on the Musketeers or Game of Thrones, maybe even a James Bond movie. This is a golden opportunity to try out some of the fight styles portrayed in the films. Stage combat in this form dates back to the time of Shakespeare’s plays at the Globe.

The workshop features Fantasy fighting, Scrappy Fighting and much more! During the course of the day participants will learn the basics of footwork, how to hold a sword, how to throw a punch, and how to work safely alongside others. By the end of the day you should be hooked! A must for any would be actors, dancers, directors, future stunt men (or women) or sword masters!

Stage combat combines a wide range of disciplines - acting, dance, sword play, health and fitness. It is designed to look great but be safe for actors, crew, and audience. It is an art form in its own right. This workshop is designed for over 18’s and no experience is necessary.

The workshop will take place at the Temperance Hall; Penryn on Saturday 11<sup>th</sup> April between 10:00-17:00 and is led by Lyndall Grant a highly qualified stage combat teacher. A performer in her own right with a wide range of film and theatre credits, she has taught at a number of prestigious institutions, including the Met Film School.

This is a great opportunity to test your mettle and learn new skills at the same time, whether it’s just for fun or to improve your performance skills. It is the first time Swashbuckling Cornwall has been able to offer this course in Cornwall and spaces are limited. Early Bird £75 (expires 23rd March), Concessions £85, £100 Full.

For more information or to book - email: [swashbucklingcornwall@gmail.com](mailto:swashbucklingcornwall@gmail.com),

[www.swashbucklingcornwall.com](http://www.swashbucklingcornwall.com)

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