

1. Arrival Day

Arrival Day is July 31st. On this day workshop participants will check in at the Concordia University studios at 1450 Maisonneuve 7th floor. We ask that those travelling to Montreal inform us of their projected arrival times beforehand on the participant information form.

When you check in, you will be given more information regarding the workshop. If you have any stage weapons of your own, you will be given a chance to store them in the workshop armoury. If you have reserved a room, you will be given your keys to residence and directions to Solin Hall. This is also a good opportunity to ask any questions you have. At Solin, another member of the workshop team will greet you to help ensure you get into your room as well as to answer any last minute questions you have. During the day we will have one or two walk-betweens between the Concordia studios and Solin Hall to show people the walking route to take.

We ask that all participants gather at the check in area (7th floor MB building) at 2 pm for an orientation session. **Please bring movement clothes to the orientation session as we will be active and on our feet.**

Between 10:00 and 13:30 – Finalize Registration in MB room 7-405

13:30 – All participants to meet on the 7th floor of MB for an intro to workshop along with:

- Workshop information and guidelines,

- Rules to follow that concerns everyone, Specific demands by the host school,

- Special dates to remember, other general info...

- Visit of the different facilities - Rooms etc...

14:00 - General warm up + Ice breaker game

15:00 – Participants regroup with their level

16:00 – Participant may take the time to go settle in their residence or enjoy our special Peking Opera fun class

16:00 to 18:00 – Special Intro to Peking Opera fight techniques with Shijia Jiang - Chinese Opera director, performer and instructor

- Shijia Jiang has been performing, teaching, training and directing Chinese opera for over 15 years.

Between 18:30 and 21:30 you are invited to join the staff for a MEET and GREET at Hurley's Pub (1225 Crescent St.)

21:30 End of day –Go to bed (you need your sleep)

SPECIFICS FOR LEVEL GROUP MEETINGS

At 3:00 p.m. each of the certification levels will split off into separate groups for level specific orientation.

Basic Actor Combatant

Introduction to learning process and content of courses. Checking if everyone has their glossary. Exchange experiences, knowledge and understanding of Stage Combat.

General rules enforced by FDC, behaviour expectations for all courses, importance of codification

Intro to foot step displacement / Distance /Partner awareness /Unarmed combat

Intermediate Actor Combatant

Checking if everyone has their glossary

Sword work / Feet work / Unarmed falls and roll

Advanced Actor Combatant

Verify Glossary and talk about performing dramatic violence

Get acquainted with the other participants, Quarterstaff / R&D

Workshop participants will want to get to bed early this evening so they can begin the week rested and energized.

2. Residence and Living Arrangements

The cost for housing is not included in the tuition for the course. Housing for the duration of the workshop costs an additional \$450 dollars.

Should you desire a room in residence for the duration of the workshop it is imperative that you notify the organizers ahead of time. The participant information form being sent out with this package contains a section asking whether you wish to stay in the residence and also whether you will need parking. Please fill out this form and email it to nationals@fdc.ca. You will receive a confirmation email upon our receipt of your form.

Residence for the 2010 National Workshop is provided by FDC through McGill University's Solin Hall which is an apartment style residence. Reservations have been made so that FDC

participants will have guaranteed rooms for the duration of the workshop should they choose to stay in the residence.

Interested participants will be in individual rooms inside larger 3 person units which include 2 bathrooms, a kitchen, and a living room dining room area, much like a small 3 person apartment.

Each bedroom features a twin size bed and mattress, desk, dresser, bookshelf and lamp. The kitchen and living area each have a refrigerator, stove, table and chairs, a couch, lamp and curtains.

Please be aware that **no cookware or cutlery is provided**. For more information see section 6 on Meals and Food.

Linens are not included, but may be rented at a cost of \$10 for the two weeks.

Laundry facilities are located on each floor and work on a swipe card system (available inside the residence.)

Limited parking is available at Solin Hall at a cost of \$15 per night. Parking will be arranged at the residence upon your arrival.

Parking on the street around Solin will cost approx \$1 per hour during tariff hours. Parking downtown is more expensive and costs \$3 per hour. Tariff hours are 9am – 9pm weekdays, 9am – 6pm Saturday and 1pm – 6pm Sunday.

This is an online map showing the tariff rates of various portions of the city for those interested <http://maps.google.ca/maps/ms?hl=en&ie=UTF8&msa=0&msid=111637642837916362686.00045137bc04ad615bf85&ll=45.49795,-73.604203&spn=0.095326,0.116322&source=embed>

Check in at Solin Hall is the 31st July and check out is August 15th.

For pictures or more information on Solin Hall you can visit McGill's residence website at <http://www.mcgill.ca/residences/undergraduate/tour/solin/>

3. Getting to Montreal and the FDC Workshop


Travel to and from Montreal is left to you to organize. Those arranging flights or trains should arrange to arrive July 31st during the day and to depart August 15th. There are generally fun workshops given on the last day of the workshop so you may want to consider a later departure time on Sunday if possible.

Check In

Check in will be held at Concordia University on the 7th floor of the MB building. The MB Building is at 1450 Guy, Montreal, Quebec. Signs will be posted on the 7th floor to direct you to the check in desk.


Travel by Bus

**505 Boulevard De Maisonneuve E,
Montréal, QC H2L 1A1**

The main bus terminal in Montreal is located at the main Metro hub Berri-UQAM. Upon arrival in Montreal follow the blue and white Metro signs  to the Berri-UQAM station. To get to Concordia University you will need to take the GREEN metro line in the direction of Angrignon and get off the subway car at GUY-CONCORDIA station. There are two exits from the Guy-Concordia Metro, take the Guy exit and upon reaching the street the MB building should be directly across the road from you at 1450 rue Guy. *For more in depth information on the Montreal metro see “Getting around Montreal”

Travel by Train

**VIA Rail Canada / Railway Central Station
895 de La Gauchetière Street West
Montréal, QC H3B 4G1**

The train station in Montreal is located on the orange metro line near Bonaventure station. Upon arrival in Montreal follow the blue and white Metro signs  to the Bonaventure station. (*Note the metro is accessed through a long underground tunnel which takes many twists and turns. Don't lose heart, follow the signs.) To get to Concordia University you will need to take the ORANGE metro line in the direction of COTE VERTU and get off the subway car at LIONEL-GROULX station. At Lionel-Groulx you will need to transfer to the GREEN metro line. Take the HONORE-BEAUGRAND direction to GUY CONCORDIA station. There are two exits from the Guy-Concordia Metro, take the Guy exit and upon reaching the street the MB building should be directly across the road from you at 1450 rue Guy. *For more in depth information on the Montreal metro see “Getting around Montreal”

Travel by Car

Following are directions to Concordia University in Montreal from various major Canadian cities and the state of Vermont.

TORONTO

Take the ON-401 E	451 km
Continue onto Autoroute 20 E	29.0 km
Take the exit onto Autoroute Jean Lesage/Autoroute 20 E toward Dorion	38.3 km
Continue onto Autoroute 720 E	3.4 km
Take exit 3 for Rue Guy toward Montréal/Centre-Ville	850 m
Turn right at Boulevard René-Lévesque O N (signs for Rue city/Montréal/Centre Ville)	350 m
Turn left at Rue Guy Destination will be on the left	

OTTAWA

Take the ON-417 E Entering QC	119 km
Continue onto Autoroute 40 E	66.3 km
Take the exit on the left onto Autoroute 15 S toward Autoroute 10/Montréal/Centre-Ville/Pont Champlain	5.4 km
Take exit 64 toward Rue Sherbrooke/QC-138	350 m
Merge onto Rue Addington	95 m
Turn left at Rue Sherbrooke O/QC-138 E	3.5 km
Turn right at Rue Guy Destination will be on the right	300 m

I-87 from Vermont

Head northwest on I-87 N/Adirondack Northway	159 mi
Continue onto Autoroute 15 N	32.9 mi
Take exit 53 to merge onto Boulevard Marie Victorin/Autoroute 15 N toward Montréal/Québec/Autoroute 20 W/Autoroute 10/Sherbrooke	0.5 mi
Merge onto Pont Champlain W/Autoroute 10 W/Autoroute 15 N/Autoroute 20 W via the ramp to Montréal Continue to follow Autoroute 15 N/Autoroute 20 W	6.3 mi
Take exit 63 to merge onto Autoroute Ville-Marie/Autoroute 720 E toward Centre Ville	1.7 mi
Take exit 3 for Rue Guy toward Montréal/Centre-Ville	0.5 mi
Turn right at Boulevard René-Lévesque O N (signs for Rue city/Montréal/Centre Ville)	0.2 mi
Turn left at Rue Guy Destination will be on the left	0.2 mi

I-91 from Vermont

Head north on I-91 N	47.2 mi
Continue onto Autoroute Joseph Armand Bombardier/Autoroute 55 N	21.0 mi
Take exit 340 to merge onto Autoroute 10 W toward Montréal	74.3 mi
Continue onto Autoroute 15 N/Autoroute 20 W	3.0 mi
Take exit 63 to merge onto Autoroute Ville-Marie/Autoroute 720 E toward Centre Ville	1.7 mi
Take exit 3 for Rue Guy toward Montréal/Centre-Ville	0.5 mi
Turn right at Boulevard René-Lévesque O N (signs for Rue city/Montréal/Centre Ville)	0.2 mi
Turn left at Rue Guy Destination will be on the left	0.2 mi

From Quebec via 20

Head southwest on Autoroute 20 W	166 km
Take exit 90 for Autoroute 20 W/QC-132 W	1.0 km
Merge onto Autoroute 20 W	5.9 km
Take the exit toward Parc Marie Victorin	450 m
Turn left at Boulevard Taschereau	950 m
Slight right toward QC-134 E (signs for QC-134 E/Pont Jacques Cartier Bridge/Montreal)	350 m
Continue straight onto QC-134 E	3.9 km
Turn left at Rue Sherbrooke E/QC-138 O	2.3 km
Turn left at Rue Saint Urbain	260 m
Turn right at Boulevard de Maisonneuve O	1.8 km
Turn left at Rue Guy Destination will be on the right	91 m

From Quebec via 40

Head southwest on Autoroute 40 W	102 km
Take exit 197 for Autoroute 55 N/Autoroute 40 W/Québec 155 N toward Montréal/Shawinigan	800 m
Merge onto Autoroute 40 W/Autoroute 55 N	2.2 km
Take exit 186 for Autoroute 40 W toward Montréal/Boulevard des Forges	950 m
Keep right at the fork, follow signs for Autoroute 40 W/Montréal and merge onto Autoroute 40 W	131 km
Continue onto Autoroute 15 S (signs for Autoroute 10/Montréal/Centre Ville/Pont Champlain)	5.4 km
Take exit 64 toward Rue Sherbrooke/QC-138	350 m
Merge onto Rue Addington	95 m
Turn left at Rue Sherbrooke O/QC-138 E	3.5 km
Turn right at Rue Guy Destination will be on the right	300 m

Travel by Plane

YUL: 975 Romeo Vachon Rd. North Dorval, QC H4Y 1H1

Flights to Montreal will arrive at Dorval International Airport, also known as Pierre Elliot Trudeau Airport on most online map services. There is an express bus from the airport to downtown. The bus is number 747 and one arrives every 15 – 30 minutes. To get downtown to Concordia take the 747 and get off at the corner of Guy and Rene-Levesque. If you are at all unsure just ask the bus driver to let you know when your stop is coming up. From Guy and Rene-Levesque walk northwest two blocks to 1450 Guy. A taxi from Trudeau International to downtown costs about C\$40. All taxi companies must charge the same rate for travel between the airport and downtown

4. Montreal & Getting Around

While most of your time between July 31st and August 15th will be occupied by the workshop you may want to spend some free time exploring the city. Information on what to see and do in Montreal is easily found on the internet and quite complete. One site you may wish to start with is www.tourism-montreal.org

Most goods and services in Montreal are subject to two taxes, a federal Goods and Services Tax of 5% (usually listed as TPS on receipts – *Taxe sur les produits et services*) and a provincial sales tax of 7.5% (TVQ on receipts – *Taxe de vente du Québec*).

When eating out at restaurants gratuity is not included in the bill for your meal. 15%-17% is the normal tipping rate for satisfactory service.

Solin Hall is located at 3510 Lionel-Groulx Ave. within a minute walk of the Lionel-Groulx metro station. It is approximately a 25 minute walk to the Concordia studios.

A convenient online map of the area, the path between the residence and the studios, and some nearby areas of interest is available online here:

<http://maps.google.ca/maps/ms?ie=UTF8&hl=en&oe=UTF8&msa=0&msid=110239940745235430542.0004898d5240e300c2f46&z=12>

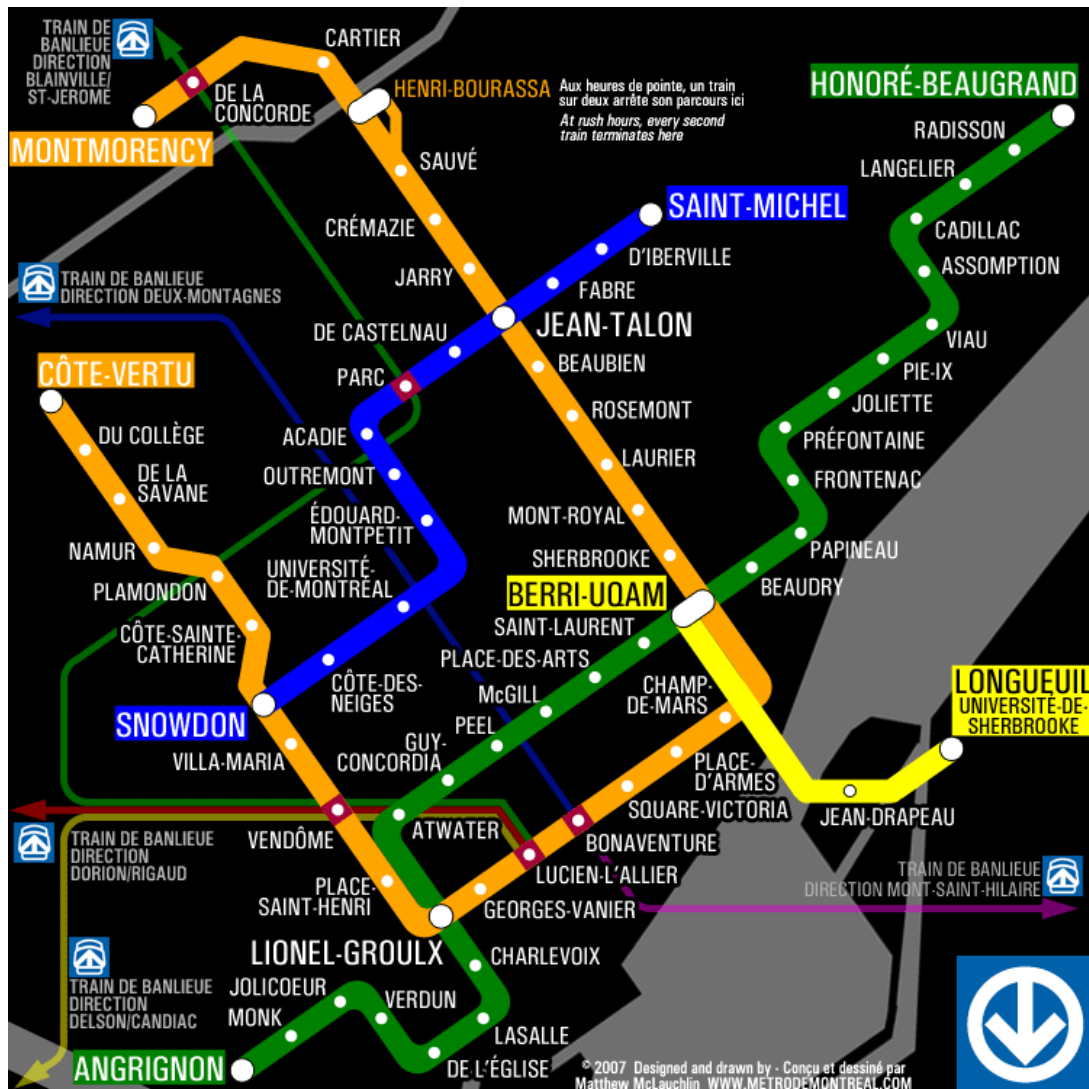
Montreal's subway system or metro, as it is called here, is one of the simplest to use of any North American city. There are four lines in total, a green, orange, blue and yellow. The two different directions on each line are labelled according to the terminus in which they are heading. For example, the Angrignon direction on the green line is the train which is travelling towards Angrignon station.

Metro/bus passes may be purchased at any metro station kiosk.

We recommend participants purchase 2 weekly passes for the metro (one on the 1st and the other on the 8th) if you plan to use it to travel between residence and the workshop studios. Prices for the metro passes are available in the table on pg 11.

On the next page you can find a map of the Montreal metro.

The website for Montreal's public transportation system: <http://stm.info/English/a-somm.htm>



Buses

Buses are another way to get around Montreal; buses use the same ticketing system as the metro.

Important Tips and Things to Remember

You can save money on metro tickets by buying a week pass if you plan on using the metro more than 10 times in the week. (Back and forth to the workshop everyday = 2 x 5 trips = 10 trips!)

If you choose not to buy a week pass, please remember that your individual tickets are both proof of purchase for your ride AND your bus transfers...don't throw them away until you have reached your destination.

	Transit fares	Regular fare	Reduced fare OPUS card with picture		
			6-11 years old & 65 +	12-17 years old	18-25 years old
Regular cash	1 trip	\$2.75	\$1.75*	\$2.75**	
À la carte tickets	1 trip	\$2.75**			
	6 trips	\$13.25**			
OPUS	1 trip	\$2.75	\$1.75	\$2.75**	
	6 trips	\$13.25	\$7.50	\$13.25**	
	10 trips	\$21.00	\$12.00	\$21.00**	
	Weekly pass (Monday to Sunday)	\$20.50	\$11.50	\$20.50**	
	4-Month pass (4 consecutive months)	N/A	\$148.00		
	Monthly pass (1st to end of month)	\$70.00	\$38.75		
1 / 3 days passes	1 day	\$7.00**			
	3 days	\$14.00**			

* 6-11 years old: OPUS card not mandatory (regular cash)

** Regular fare only

5. Daily Schedule and Routine

Daily classes will begin on the 1st of August.

Warm-up begins promptly at 9:00 a.m. every morning. All workshop participants are expected to participate in all warm-ups to the best of their ability. The warm-up is an essential part of the training and is considered as part of the classes.

The different certification levels have different schedules based upon work load.

The day will usually begin with a group warm-up led by various instructors or Fight Masters. After warm-up, the schedule for the day is announced. Basic has 3 classes per day plus one practice period reserved to train and work on choreography. Intermediates will have 4 classes per day and no daily practice period. Advanced will have 4 classes during the day and 1 class in the evening after dinner. Instructors and Director candidates will have individually arranged schedules.

Basic disciplines: Single sword, Quarterstaff, Unarmed
Intermediate disciplines: Rapier & Dagger, Broadsword, Smallsword, Unarmed Martial Arts
Advanced Disciplines: Rapier & Companion, Broadsword & Shield, Advanced
Smallsword, Advanced Martial Arts and Found Objects.

Saturday the 7th will be a day off.

Saturday the 14th is exam day.

Each class period is 1 hour 40 minutes long. There are classes six days of the week. This amounts to 10 hours per discipline per week.

Basic and Intermediate complete 40 hours per week for a total of 80 hours.

Advanced will be working 50 hours a week for a total of 100 hours.

Workshop Schedule

09:00 - 20 minute Warm-up

09:20 - Messages and announcements

09:25 - Travel time to class

09:30 - First period

11:10 - End of first class: Student time for notes + Travel to next class

11:15 - Second period

12:55 - End of class - Student time for notes

13:00 - Lunch

14:15 - Third period

16:10 - Student time for notes + Travel to next class

16:15 - Fourth period

17:55 - Student time for notes + Go for supper

18:00 - Supper time - **End of day for Basic and Intermediate actor-combatants** unless they are participating in an evening activity

19:15 - Fifth period - Training and activity for Teacher program

Advanced- (Smallsword – week 1) (Rapier & Companion - week 2)

(This period has the possibility of being longer if needed)

Also used for supervised activity, homework and practice for the Intermediate and the Basic actor combatants

20:55 - Student time for notes

21:00 - End of Class

21:30 - Closing time for Armoury & End of day

After classes everyone is free to do what they wish for the evening; past experience has shown that most people are generally tired out from their full days of training and simply retire to the residence common rooms.

After all the exams have been completed on Saturday there will be a wrap up party scheduled for everyone to unwind. On Sunday morning results will be given out in private one-on-one sessions.

Tips from previous years

1. Bring a water bottle.
2. Athletic clothing is an absolute must. Don't wear jeans or jewelry.
3. Consider bringing multiple pairs of socks and/or shoes. If one pair gets very sweaty it can be nice to have a change of footwear.

6. Meals and Food

Participants will be responsible for their own meals during the workshop. We highly recommend eating well during these two weeks. You will be working very hard and your body needs proper nutrition to continue to function at peak capacity for two weeks.

There are two grocery stores (Super C & IGA) within easy walking distance of the residence as well as Montreal's famous Atwater Farmer's Market.

Super C is located just south of Atwater and Notre Dame by the Canal. IGA is located at Atwater and St. Catharine inside Place Alexis-Nihon (also accessible through the Atwater Metro station on the green line).

There are also a number of restaurants near both the residence and the studios where classes will take place.

Each unit of three rooms has an accompanying kitchen unit with a stove, oven, fridge, and sink. There is also a table and chairs.

The units **do not** have cutlery, dishes, pots and pans or a microwave. Participants may wish to bring cooking implements of their own, or to purchase cookware on arrival. Also, sharing cookware is encouraged.

Nearby Places of Interest – MB Building

Banks

Bank of Montreal	GM Building Ground Floor
Royal Bank	Guy (North of De Maisonneuve)
Laurentian Bank ATM	Guy Metro (Guy Entrance)
TD Canada Trust	St Catherine and Guy

Coffee Shops

Cafe Depot	De Maisonneuve & Mackay
Java U	De Maisonneuve & Guy
Java U	Hall Building 3 rd Floor
Mirage	Mackay (between St Catherine and De Maisonneuve)
Nirvana	St Catherine & Mackay
Starbucks	St Catherine & Guy
St Cinnamon	FG Building Lobby
Tim Horton's	De Maisonneuve & Guy
Tim Horton's	Guy Metro (Guy Entrance)
Tim Horton's	Hall Building Ground Floor
Tim Horton's	Library Building Ground Floor

Convenience Stores

Dollarama	FG Building, 2 nd floor
Jean Coutu	Guy Metro (Guy Entrance)
Pharmaprix	St Catherine & Guy

Restaurants

Food Court (Various)	FG Building, 2 nd Floor
Kam Do (Cantonese)	Mackay (between St Catherine and De Maisonneuve)
Soup & Noodles (Asian)	De Maisonneuve (between Guy & Mackay)
Subway	GM Building, 2 nd Basement (S2)
Thai Express	De Maisonneuve & Guy

Work-Related

Computers, Copying, Printing	LB Building, 2 nd Floor
Copie Express	De Maisonneuve (between Guy & Mackay)

Snacks & Drinks

Machines	MB Building 6 th floor lobby
Jus Jugo Juice (Wraps/Smoothies)	EV Building (Metro level)

7. Frequently Asked Questions

Q. Is there any parking available near the studios?

A. Yes, metered parking is available on the streets. Two other options are parking lots on **McKay Street** between Ste. Catherine and Boul. de Maisonneuve & on **Boul. Rene Levesque** and corner of St. Mathieu Street (belongs to Nouvelle Hotel). Both charge approximately \$10 per 24 hours.

Q. Will there be anything for sale at the workshop and should I bring money?

A. Yes; there is a very good chance you may have the opportunity to buy various stage combat related goods. Items sold at past workshops have ranged from gloves to capes and other wardrobe accessories to steel stage weapons. Official FDC Nationals T-shirts are also sold each year.

Q. How in shape do I need to be?

A. Nationals is an intensive course, and is therefore physically demanding. Students should be prepared for hands-on physical work, every day, for two weeks.

Q. Do I need to bring my own weapons?

A. Weapons are provided at the workshop. You may bring personal weapons, but they must pass inspection by a Fight Master before they can be used in practice.

Q. What is the certification process like?

A. While the focus of Nationals is education—learning the techniques that will assist in performance—students have the opportunity to become certified at their level by Fight Directors Canada at the end of the workshop. Each student will have to demonstrate each discipline at their level in front of a panel of fight experts, using choreography learned during the workshop. Students are evaluated on safety, technique, and acting performance. Students must pass every discipline at their level in order to certify. Should a student fail one section, they receive a conditional pass—they must retake the test in that single discipline in front of a Fight Master within six months in order to certify. Students who fail multiple disciplines will have to retake the course.

Q. What can I expect the day of testing?

A. You'll be given the chance to warm up and run through your fights before you have to present them. Fights are presented by discipline: for example, first all the unarmed fights, then all the quarterstaff fights, and finally all the single sword fights. When it's your turn, you'll first introduce yourselves and your scene to the judging panel, at which point you'll run through your choreography with your partner as if it were an actual performance. If you make a

mistake, just keep going—just as errors occur in an actual stage performance, flubs won't automatically fail you. (Violating a safety rule, such as allowing the fight to occur too close to the audience, can cause an automatic fail.) Your fights are recorded, so that judges can review footage in case they need to. As well, at Nationals, anyone of your level of certification or lower may watch your fights, to lend their support. (E.g. Basic certification fights are open only to Basic students, but Advanced certifications are open to all.) After testing, the judges determine whether each student passes or fails, and give feedback in short one-on-one sessions.

Q. What do the different certification results mean?

There are four different results possible for certification:

- A *pass* means you have successfully demonstrated ability in all disciplines at your level, and are certified. You may attempt certification for the next level in one year's time.
- A *pass with distinction* means you have far exceeded expectations for your level and may attempt to certify at the next level immediately (once required course hours are met).
- A *conditional pass* means you have failed one discipline. You may arrange to retake that single discipline's test with a Fight Master within six months (after suitable practice) in order to certify at your level. Conditional passes are also given to students who may not have failed any one discipline but who need to work on one specific element (e.g. footwork) or to students who are unable to fully demonstrate their aptitude at the time of testing (perhaps due to injury).
- A *fail* means that you have failed two or more disciplines, and must retake the course before you may attempt to certify again.

Q. What disciplines are covered at each certification level?

Basic:

- Unarmed combat
- Quarterstaff
- Single sword

Intermediate:

- Unarmed combat (martial arts)
- Rapier & dagger
- Broadsword
- Small sword

Advanced:

- Advanced martial arts
- Broadsword & companion
- Rapier & companion
- Advanced small sword
- Found objects / environmental weapons

More Questions? Email nationals@fdc.ca