



**Need something new to do  
that's active?**

**Got the Stronghold blues?**

Serve with Courage! **Submit a video of your kids sparring** to Stronghold, and our instructors will create video commentary to share on social media with you and the Stronghold community.

The Perks: You get to do something fun with your kids, and they get to hone their fighting skills!

All you need is: 2 weapons, 2 fighters (can be adult or child), and 1 person with a recording device.

**We respect all social distancing recommendations and  
ask that you factor them into your sparring choices.**

**It's as easy as 1, 2, 3!**

- 1. Record an intro**
- 2. Record the sparring**
- 3. Submit online!**

**Please review the guidelines on the  
second page before submitting!**



# Submission Guidelines

**1. Intro:** Videos should start with an **introduction of the two fighters**. You can use real or “character” names, but we want to know which person goes with which name.

The intro can literally be this script: “Hello. This is (name of participant) sparring with (name of participant).”

**No conclusion** is necessary. Just stop after the sparring is recorded.

**2. Sparring:** Record participants **sparring till one person gets 5 wins** (once one fighter wins, the bout is over, the fighters reset their positions, then start the next bout with “lay on”).

- Please make sure you are **close enough** to your fighters so their movements can be clearly seen in the video, but far enough away that we can see their feet.

**3. Submit:** Send an email with the video attached to **stronghold.swordfighting@gmail.com**.

- If your video is **too large** to attach, and if **you have a Gmail/Google** account, Gmail will give you the option to send it to us as a google drive link.

4. If your **video is too large** to attach and you **do not have** a Gmail/Google account, you can either upload the video to a sharing site like Dropbox OR compress the file.

- **To use Dropbox:** Create a free account at Dropbox.com when you choose Dropbox Basic. Click on Upload files, and after you’ve uploaded your video, hover over the file and the “share” button will appear. Then send it to our email.

- **Compressing files** on a PC/Mac: Right-click on the video or folder of multiple videos, mouse over “Send To,” select “Compressed folder.” The computer will send a copy of your video to a compressed file. Then attach it to your email.

**We look forward to seeing and sharing your videos with our commentary to encourage and teach the Stronghold community! We pray God will be glorified through the sharing of your skills (and mistakes) for the betterment of all.**