

2026 A-Town Throw Down Class Descriptions

Below are class descriptions for many of the classes at this year's workshop. However, we always have had some last-minute changes, and adjustments. If you do not see a class listed that is on the schedule that you are interested in, ask a staff member at the workshop and we'll do our best to let you know what to expect!

Whose Line Is It Anyway (R&D):

This class utilizes aikido techniques and exercises to explore the concepts of "non-linear attacks," giving students the confidence to explore the advantages of drifting out of their lane.

The Chain- Basic Pro Wrestling Holds and Haptic Communication:

This course brings learners of any experience level through the process of exchanging classic, recognizable television wrestling holds in a performance practice known as "chain wrestling," which often serves as a vehicle for storytelling exposition which requires no rehearsal and little preparation.

Kid Fights:

The basics of a kid fight include a few key moments to read as true: the inciting incident, the chase, and the tears.

Intro to Aerial:

Explore the basics of Aerial work. Including silks and lyra.

Intro to Balintawak:

Utilizing a single stick, Balintawak is a close-quarters, Filipino fighting art that can cross over easily and spice up your choreography.

You can't use a muscle you don't have:

Remembering wounds is tough in the age of superheroes.

Partner Acrobatics:

Students will work through the basics of partner acrobatics to quickly build trust.

From zero to hero:

This class is for the student just starting out in stage/screen combat, looking to get a solid foundation in some of the most regularly used techniques: slaps and punches.

Small(er)sword:

Keep your partner on their toes by always keeping them on point! We'll focus on tight pointwork, tactical pris de fer, and aggressive footwork to create duels that will keep them on the edge of their seats.

Double Or Nothing (or: How To F*#@ With Your Friends):

What's the point of having two weapons if you're not using them?? Learn how to take maximum advantage of this style as we explore using both weapons in tandem.

Curve-reography:

Fighting in small spaces or on film? This class will focus on an exploration of curves and circles to find unexpected and dynamic choices while working within extreme space restraints.

Slapping and Choking to Pay the Bills:

What are the things I'm brought in most to do as a choreographer? Slaps and chokes. There are many variations of these techniques and we're going to experiment with all of them. Hopefully sending you off with new variations and skills to put in your fight toolbox.

Wham! Bam! and a 'Thank You' Slam:

Throw your enemies into tables, chairs, walls, and other humans. Explore physics, pain, gravity and realism as we find dynamic tricks to messy choreographic choices.

Cinematic Knife:

Knife fighting for film. Taking the knife skills you already possess, let's explore cinematic flair that will keep your fights martially sound and visually appealing. Focusing on Isolations, full body commitment, and repeatability.

Laugh n' Staff - The Basics of Shtick:

Unfortunately due to instructor restraints, we've had to downsize this class from a full a Staff... To Quarterstaff. Apologies, as the jokes won't get any better as you see what sticks between humor and choreography.

Aerial Taster:

Never touched an aerial silk or lyra before? No? Perfect! This class is for YOU! Come learn the basics of engaging your body for aerial work and try some basic moves. No prior experience necessary.

Please disclose any previous injuries (especially back or neck injuries) to your instructor before going airborne.

Throwing Knives:

Self-explanatory. Come learn to throw knives at targets!

But I do Have a Belt:

Taking techniques developed to turn a belt into a weapon, this class explore techniques that can be used to stage exciting, unexpected sequences for stage and screen. We'll use those techniques to defend against a knife and examine sequences that can create impactful moments to heighten physical storytelling.

Kali Double Stick:

Learn an exciting sequence of patterns from this popular martial art from the Philippines. This class is useful for those looking to get into stunts/film, or for those who need fast and flashy choreography for stage.

Snap, Crackle, Pop! Breaking Bones on Stage:

This class explores various ways to theatrically break bones on stage using several methods and tricks.

Choreography Problems and Fixes:

Are you a choreographer? This class explores different challenges from real world experiences when you have to adjust choreography quickly and still make it look good.

Motion Capture:

Learn what is involved in performing combat sequences for motion (or performance) capture as used in film and video games. This class includes lecture demo and Q&A time as we explore the process of creating creature movement styles for motion capture. Both "hero" performance capture and "crowd battle simulation" capture will be addressed Michelle shares decades of expertise in this specialized field.

Skirts and Heels:

So, you've learned how to fight in your sweats and sneakers, but what happens when your scene requires period costuming OR modern female garb of stilettos and a mini-skirt? How do you take the training you've received and keep yourself "safe and effective" in heels and skirts? This is a hands-on class tackling these and other issues women (particularly) face in performing stunts for stage and screen. All participants need to bring a skirt (the longer and fluffier the better) and some sort of heels.

Intro to Sword and Shield:

Build the foundation of this powerful pairing by unlocking the power of...your hips!

Musicality in Sword Fighting:

Play with timing, rhythm, weight, and tempo inspired by different genres of music to add variety and intrigue to your fights!

Intro to Smallsword:

Oops, all stabbing: it's your introduction to smallsword!