
*Anthony De Longis
&*

Palpable Hit Productions

With over 33 years of professional stage and film experience, as a performer, choreographer and trainer to the stars, Anthony De Longis has refined techniques that will assist any actor & director in telling a compelling and dynamic story, safely and convincingly. A collegiate saber champion, he has nearly 4 decades experience with swords, his first martial art. He trained to Black Belt in Tae Kwon Do before beginning training with Guro Dan Inosanto in 1985. De Longis used this experience to create his unique “rolling” bullwhip style and evolve effective multi-range combative whip techniques.

The mandate of Anthony’s company, Palpable Hit Productions, is to support the teaching of combat arts – historical and modern, and to teach and promote safe and exciting fight choreography in theatre, film and television. Established in 1999, Palpable Hit Productions produces quality instructional DVDs suitable for both individual and group study. De Longis is available for Seminars and for Private Training at www.delongis.com/indalo.



Whip Video Products

Whip Cracking With The Masters - DVD \$34.95

An introduction to bullwhip cracking - on the ground and horseback – featuring Anthony De Longis and Colin Dangaard. Produced by the Australian Stock Saddle Company.

Mastering the Bullwhip - DVD \$34.95/volume or \$64.95/set

The De Longis rolling style utilizes structure and alignment to produce explosive energy in the bullwhip with a minimum of effort. His methods combine knowledge and martial arts training to safely generate and focus the 700 mph velocity of the world’s fastest and most powerful flexible weapon.

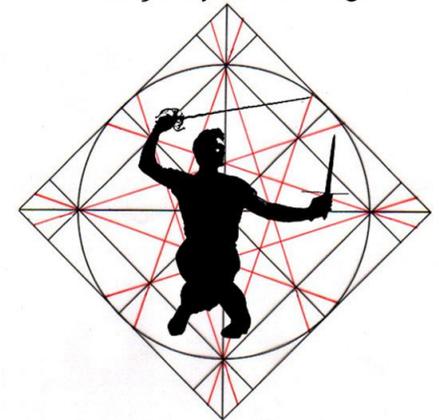
Volume 1: Anatomy of the Bullwhip - De Longis teaches you to cultivate this supersonic ally and develop safe and consistent accuracy, the essential foundation to mastering the intricate flowing combinations that are his trademark. It’s step-by-step and as easy as walking.

Volume 2: Faster Than a Speeding Bullet - De Longis assembles the individual throws presented in Volume 1 into dazzling multiple crack combinations thrown from both sides of the body. The left hand is cultivated and two hand work examined. Exercises perfect the accuracy essential to refined target work and delicate partner body wrapping.



Palpable Hit Productions
P.O. Box 2445
Canyon Country, CA 91386
Phone: 661-251-2767
Email: maryg@delongis.com

Anthony De Longis



Performance & Combat Arts

&

Palpable Hit Productions

Quality Training Videos
for Performance,
Historical Combat
And Modern Combat

“You can only wing it if you
have the skills to fly.”

On the web at:
www.delongis.com

Tel: 661-251-2767

Performance Video Products

Rapier for the Stage and Screen-

DVD \$42.95

This video teaches Mr. De Longis' unique style of stage and film sword-fighting in short, sequential, easy-to-follow lessons. It includes a rigorous safety protocol, practical parries, visually effective cuts and thrusts, and a series of training drills.

Contents include: grip and en garde; targeting and distance; cutting attacks; thrusts, disengages and doubles; lateral and circular parries; basic and advanced linear footwork and partner combinations. Two-disk set. Total running time: 111 minutes.

" As a fencing master of nearly thirty years, I recommend this video highly." Nick Evangelista, author of [The Encyclopedia of the Sword](#)

Broadsword for the Stage and Screen – DVD

\$42.95

This DVD is the next step companion presentation for *Rapier for the Stage and Screen: The De Longis Method*, and is geared to swordspersons with intermediate to advanced skills. Single-handed and two-handed cuts and parries, linear and triangular footwork, and advanced skills techniques are included in the video - skills that will add depth and dimension to your performance.

Contents include: standard and reverse guards; triangular footwork; single and double-handed cuts and parries; diagonal cuts and parries; ceding parries; deflections and disarms; binds, envelopments and avoids; wounds and kills, visual and audible cueing; reactions and "cool moves." Two-disk set. Total running time: 108 minutes.

" I highly recommend the purchase of this video as a valuable reference video and contribution to one's fencing library" -- Bob Anderson – Sword Master for *Lord of the Rings, The Mask of Zorro, Princess Bride*.

Private Training & Seminars

Anthony De Longis is available for Seminars, as well as for Private Training at Rancho Indalo just outside Los Angeles, California.. Visit the ranch website at www.delongis.com/indalo/ for information.

Combat Video Products

La Verdadera Destreza - DVD \$34.95/volume or \$64.95/set

The system is presented in two volumes by Maestro Ramon Martinez, with assistance from Maestro Jeannette Acosta-Martínez and Anthony De Longis. The videos are designed to allow the modern swordsperson to study this historical form of combative swordplay as documented in the original Spanish treatises of its developer Don Jeronimo Sanchez de Carranza and his protégé Don Luis Pacheco de Narvaez.

Volume 1- Contents include: proper grip of the weapon; position of the hand; firmarse or stance; compases or footwork; blade actions and oppositions; developing tacto; building your own circle. Running time: 58:30 minutes.

Volume 2- Contents include: movimientos; lines of attack; cuts; desvios or defensive blade actions; dagger selection and grip; attack and defense with rapier and dagger. Running time: 59:50 minutes.

La Scherma Italiana - DVD \$34.95/volume or

\$64.95/set

This 2-volume introductory video set is designed to present the Basics of Italian Rapier Fencing, *La Scherma Italiana*, in simple and basic form so that it is easily understandable to the modern swordsman. Presented by Maestro Ramon Martinez, along with Maestro Jeannette Acosta-Martinez and Anthony De Longis, it gives a comprehensive vocabulary of combative Italian rapier fencing as it existed by the 17th Century - distilled from the works of Alfieri, Capo Ferro, Bondi Di Mazzo, Giganti Fabris, Marcelli, Pallavicini, and Senese.

Volume 1- Contents include: proper grip and hand positions; the guardias; passeggiare; lines of attack; contra guardias, stocatta lunga; misura; stringere; cavatione and contra cavatione; thrusts; cuts. Running time: 56:00 minutes.

Volume 2- Contents include: attack on the blade or battuta; guadagnare; tempo; proportion; scanso; sbasso; sottobotta; counter-offensive actions; unarmed hand parries, checks, takedowns and blade seizures; disarms; dagger guard positions and parries. Running time: 37:56 minutes.

Fighting With the Saber and Cutlass – DVD \$169/set

This 2-volume set presents the modern combative approach to the use of the saber and cutlass against a variety of weapons – featuring Anthony De Longis and Lynn Thompson, president and founder of Cold Steel Knives. Produced by Cold Steel.

Special Show Price! - \$109/set

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For **Eurasia and the Pacific** (Air Mail), add \$10.50 for single DVD and \$3 for each additional DVD.

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P.O. Box 2445
Canyon Country, CA 91386
Phone: 661-251-2767 (ARMS)

Email: maryg@delongis.com