

Fighter Signs
by Suzanne de la Ferté

GLANCING: (top of head – flat palm)

*GOOD: (fist – same as flat palm from mouth)

*HOLD!: X (crossed arms)

“DEAD MAN WALKING” (hands/weapons on head)

FOLLOW THROUGH: (straight side palm forward under opposite arm)

AXE: (same as flag – no waving)

SPEAR: (two hands thrusting forward)

SHIELD: (one hand circle on opposite arm)

ARCHER: (one arm out, other arm pull back)

HELM/HELMET: (two hands both sides pull down – head)

HIT: (show where {whatever body area} hit – “Good Hit, “Bad Hit”)

MACE: (fist held up – stiff)

WATER: (cup motion – drink)

FAIR: (1. wiggle palm “fair hit”)
(2. two fists meeting)

LIGHT: (“HOLD” palm out from chest – “light blow”)

HARD: (“HOLD” hard hit on something)

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