

Fists of Stone: Manual – v2



Contents

About the Game:.....	2
Physical Requirements:.....	2
Obstacles:.....	3
Getting Started:.....	5
Game Penalties:	5
Multiplayer:.....	6
Pro Tips:	8
Game Controls:	8

Fists of Stone: Manual – v2

About the Game:

Fists of Stone is an action-based game where you tackle courses consisting of one or more obstacles. The objective is to finish the course in the shortest time possible. Each course has a unique combination of obstacles you must overcome. All obstacles are listed later in this manual. Study them, especially the tips, to become proficient with each activity.

Fists of Stone is a fast-paced action game requiring quick body movements and reactions. Typical movements include arm-swinging; punching; squatting; and side-to-side dodging.

One of the primary goals of Fists of Stone is to provide short, intense bursts of activity to combine fun and fitness.

Fists of Stone can be played solo or multiplayer. Multiplayer requires a valid Steam client and account.

Physical Requirements:

- *Fists of Stone* requires a 2.5m wide x 2m deep play area. That's 8.25' x 6.5' or 98" x 79" in US measurements.
- Using your headset manufacturer's utilities/software, define your VR play area and boundaries BEFORE playing. Ensure the dimensions are at least as large as 8.25' x 6.5'.
- *Fists of Stone* requires the player to stand and move, so sitting in your chair won't work.
- Ensure that no objects or people are within the play boundary during the game play! This is especially true when punching. Failure to heed this important recommendation can result in severe damage to people and objects.
- Good general physical condition is recommended to play this game. Lower difficulties require less stamina but higher difficulties can be quite demanding. Therefore, you should consult a doctor to ensure this game is a good fit for you.
- Warm up your body BEFORE playing, especially your knees, hips, and shoulders.
- If you feel faint or out of breath at any time: stop, take off your headset, and rest.
- **Important:** Always prioritize personal safety and the safety of others around you! Make sure there are NO children, pets, or other objects in or near your play area.

Fists of Stone: Manual – v2

Obstacles:

- **Sprint:**
 - Stand with feet at shoulder-width.
 - Bend elbows to 90 degrees and use fast arm strokes from hip to shoulder height
 - Repeat until you reach the finish line.
 - **Tips:** Good form (approximately 55 degrees up/down) on hand travel is rewarded.
- **Wall break:**
 - Stand with feet at shoulder-width.
 - Relax your arms in a punching position.
 - Break all blocks using fast punches.
 - **Tips:** Slow or weak punches won't be credited. Speed equals power!
- **Fly:**
 - Stand with feet at shoulder-width.
 - Keep your arms at your sides or in front of your body.
 - Use full, fast arm strokes up and down; arms can alternate or flap together.
 - **Tips:** Long arm strokes (based on your profile) generate a higher score.
- **Gate Lift:**
 - Stand with feet at shoulder-width or wider.
 - Squat (bend knees) to grab the bottom horizontal gate bar using the grip button on your controller.
 - Stand up quickly and raise bar above your head to near full extension.
 - Repeat for the required repetitions.
 - **Tips:** Grabs can be done with one or both hands. A click will sound when you initially grab the bar, and a bell will sound once you reach the target height over your head.
- **Dodge Projectiles:**
 - Stand with feet at shoulder-width or less and bend your knees slightly.
 - Dodge, strafe, and duck to avoid flying cannon balls.
 - **Tips:** as you dodge, make sure to stay centered within the game boundaries.

Fists of Stone: Manual – v2

- **Dodge Walls:**
 - Stand with feet at shoulder-width or less and bend your knees slightly.
 - Dodge, strafe, and duck to avoid moving walls and beams.
 - **Tips:** don't just watch the nearest wall. Instead, see the upcoming walls so you can be strategic in your movements. Also, make sure to stay centered within the game boundaries.
- **Enemy punching:**
 - With your hands up, relax your arms and shoulders and punch enemies as they zone in.
 - **Tips:** Favor speed over power. Make sure to punch forward as sideways and slow punches won't be credited. When a large set (4+) zones in, punch at different targets using both hands at the same time.
- **Archery:**
 - Stand with your non-dominant foot forward.
 - Grab bowstring using the grip button on your dominant hand.
 - Shoot targets as quickly and accurately as possible.
 - Dodge incoming lightning bolts to avoid penalties.
 - **Tips:** For courses with multiple targets, the farther and more difficult targets score more points. Also, bullseyes score additional bonus points.

Avoid lightning bolts as they decrease your score every time you are hit. A good strategy is to position yourself in the right or left half of the play boundary. Once you hear a lightning bolt, strafe to the opposite side.

Fists of Stone: Manual – v2

Getting Started:

1. Create a profile – a profile is needed for every individual playing the game. The profile is used to store calibration data such as height and reach so the game can properly scale objects to fit your body. To make it simple, use your initials as your profile ID. This process only needs to be completed once per person.

How to create a profile:

- Position the left-hand ray on the “Add Profile” button and use the trigger button.
 - Select the ID box and use the VR keyboard to type an ID.
 - Select your preferred gender and dominant hand.
 - Select movement type as it applies to sprinting and flying. For individuals prone to motion-sickness, choose the “Teleport” option. This option uses a movement bar on the floor to indicate your progress instead of real-time movement.
 - Select the “Measure Height” button and follow the instructions to complete the height calibration.
 - Select the “Measure Reach” button and follow the instructions to complete the reach calibration.
 - Once you are happy with your settings, click the “Okay” button to save your profile.
2. Update Global Settings – these settings are used by all profiles and can be changed by selecting the ‘Global Settings’ button.
 3. Review Game Controls – select the “Controls” button to see the in-game controls. Game controls are also documented later in this manual.
 4. Practice each obstacle – select the “Play Solo” button, choose a practice course, and choose “Start Game.”

Game Penalties:

- Various anti-cheating mechanisms are in place and proper form should generate better scores.
- Blatant penalties, such as leaving the play boundaries, will result in a time penalty added to the player’s final score.

Fists of Stone: Manual – v2

Multiplayer:

- Multiplayer games are supported using Steam's network and infrastructure.
- Steam login is only verified *after* you select the "Group Online" button on the main menu.
- Steam login is not required when playing solo mode, but as a result, solo statistics may be stored on your local device until a Steam account is detected. For updated statistics, select the "Group Online" button periodically.

Requirements:

- A working Internet connection
- Steam client loaded and a valid account logged in

Game Lobbies:

- Lobbies can have up to eight (8) players including the lobby host (creator).
- Only the lobby owner/host can change courses and send a signal to begin the game.
- Public - Public lobbies are available to all *Fists of Stone* players anywhere in the world. Create a public lobby to compete against anyone and everyone around the world. These lobbies are filled on a first-come, first-served basis.
- Private – Private lobbies can be created for your Steam friends to join. These lobbies can only be joined via invitations sent out from the host.

How to Host/Join a Public Lobby:

1. Select the "Group Online" button from the main menu.
2. Select the "Create/Join Public" button on the Multiplayer menu.
3. Choose a course and select the "Next" button.
4. If an existing game lobby for this course is active, you will automatically join that lobby. Otherwise, you will be the host/owner of a new lobby. In this case, wait for other players to join and once you have two or more players, select the "Start Game" button.

How to Host a Private Lobby (and Send Invites):

1. Select the "Group Online" button from the main menu.
2. Select the "Create Private" button on the Multiplayer menu.
3. Choose a course and difficulty.
4. Once the lobby page appears, choose the "Invite" button.
5. A list of your Steam friends will be displayed. Select the friends you wish to receive an invitation. Each of the selected players will have a plus sign (+) next to their name.
6. When you are done, select the "Okay" button and invitations will be sent.

Fists of Stone: Manual – v2

7. Wait for your friends to join. As a host, you will see them on the Lobby page as they join your group. When your group is ready, the host can select the “*Start Game*” button. This will initiate the live, multiplayer game.

How to Join a Private Lobby via a Friend Invite:

1. Accept the friend invite from the Steam client’s interface on the PC.
2. If *Fists of Stone* is already running, you should see the invitation once you select the “Join Private” button on the Multiplayer menu. If *Fists of Stone* is not running, accepting the invite will start the game. From there, you can select the “Group Online” button followed by the “Join Private” button.

Fists of Stone: Manual – v2

Pro Tips:

- Don't reuse game profiles between different players. Ensure each player has their own profile as it corresponds to their specific body size, reach, and height. The profile must be defined only one time for each player (or updated if your child has grown taller between uses).
- Repeat every practice course until you become familiar and comfortable with each one. This will pay off when you compete on the real courses.
- Watch the demo robot when you select a practice course. The robot displays the correct, general movements required.
- A direction arrow and rectangle are positioned at ground level in your play area. Try to move yourself to this marker before each obstacle.
- Don't leave the play area. If you do, Zeus will alert you and apply a penalty/punishment of some kind during each obstacle. This generally increases your finish-time.

Game Controls:

- **Menu Interaction:** Point left-hand ray and use trigger button.
- **Gate Lift:** Position hands near bottom horizontal bar of gate and hold grip button to grab. Continue holding while lifting gate overhead. (This can be done with one or both hands)
- **Archery String Pull:** Primary hand grip button.
- **Archery Bow Hand Swap:** Left-hand primary joystick/D-pad button press. (This can be used if your arms get tired and you want to temporarily swap hands.)
- **Abort Race:** Right-hand primary joystick/D-pad button held for 3 seconds. This will return you to the lobby for multiplayer games. Use only for situations where you cannot finish the course or must leave immediately.
- **Multiplayer Lobby Status:** Right trigger toggles status (ready / not ready). This is only a visual indicator for the lobby owner. They can heed or ignore.