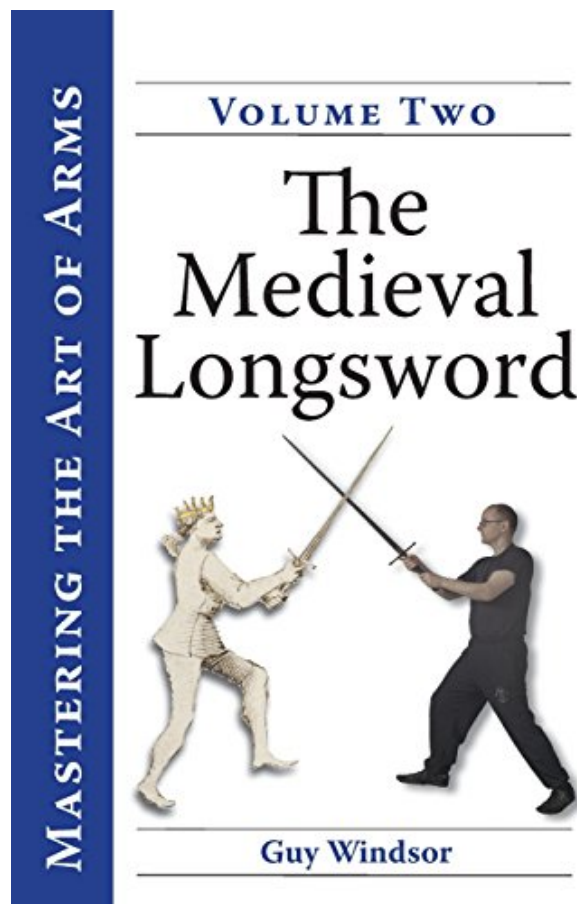


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MASTERING THE ART OF ARMS

VOLUME TWO

The Medieval Longsword



Guy Windsor

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MASTERING THE ART OF ARMS, VOL. 2: THE MEDIEVAL LONGSWORD BY GUY WINDSOR PDF

Do you like swords? Do you want to know how to use them? Then this book is for you. Featuring an introduction by novelist Christian Cameron, in this book renowned swordsman and author Guy Windsor will take you through the principles and practice of medieval knightly combat with the longsword. The tactics and techniques come from *Il Fior di Battaglia*, written in 1410 by Fiore dei Liberi, one of the greatest trainers of knights in the Middle Ages. In this book Guy covers everything you need to get started, including principles of swordsmanship, training mindset, and choosing equipment; as well as a complete system of physical practice, from basic footwork all the way up through sword handling and pair drills to free fencing. Beginners will find this a complete and approachable guide to taking up the Art of Arms; experienced swordsmen will also find many tips and tricks for developing their skills. Guy Windsor has been training martial arts for almost 30 years, and teaching professionally since 2001, when he founded The School of European Swordsmanship. The School now has branches and study groups on all over the world. Guy's other books include *The Swordsman's Companion*, *The Duellist's Companion*, *Veni Vadi Vici*, and *Mastering the Art of Arms vol 1: The Medieval Dagger*.

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- Binding: Paperback
- 240 pages

Most helpful customer reviews

10 of 10 people found the following review helpful.

Perfect starter for those interested in European Longsword and fine addition to the bookshelf of the experienced practitioner.

By Scott Nimmo

This book covers material on equipment, general principles, footwork and handling a sword, leading into drills that teach the basics of Longsword as interpreted by the author.

But the strength is how well it works with the freely available online syllabus and videos.

When used with the School of European Swordsmanship wiki and freely available videos you end up with the most useful work on learning Longsword I have seen to date.

If you find anything in the book that is unclear, you are sure to find an excellent video that will show you the movement that links the images together.

Wiki link: http://www.swordschool.com/wiki/index.php/Main_Page

Note: I teach at a school which uses this syllabus for their Italian Longsword classes and have hosted

weekend workshops by Guy Windsor.

5 of 5 people found the following review helpful.

Raising the bar still higher

By B W Ford

Full disclosure, I participated in the crowdfunding campaign for this book so I stumped my money up expecting this book to continue the high standards of Guy's previous projects. And so it has.

Guy Windsor is not just one of the finest HEMA instructors publishing today, in my opinion he's one of the best martial arts teachers full stop. There's everything you need here to train yourself and a friend in the basics of medieval European swordsmanship. Guy takes an exceptionally thorough approach with guidance on proper training equipment, an explanation of the biomechanics involved in the art of the sword, before moving on to footwork, fundamental blows and some of the most lucid instruction in Fiore's system you're ever likely to find. The book wraps up with material on freeplay, the organisation of Fiore's system for use with medieval memory methods, and an overview of warmups, mobility and stretching for classes.

Many more martial arts manuals should be this thorough. Guy has set a standard for others to emulate. Even if you're not a practising HEMA student there are many gems of training wisdom throughout the manuscript that will be of use to anyone regardless of style or tradition. Guy's attention to calibration and test/retest methods i.e. seeking feedback, are alone worth the price of admission.

Follow the advice within and you will improve as a swordsman, as a martial artist, and possibly even also as a human being. The original masters of this method would seek to do no less and Guy does them proud. I think they would be happy with his efforts.

If there were any cons to this review it would be that in cramming the book with so much content some of the photos are a little small for the detail required in a work of this nature. In this regard the older Swordsman Companion is somewhat better. A little work with a partner should clarify things and Guy has generously posted much video through his school to elucidate matters.

All in all a very fine effort and I for one itchily await the forthcoming Volume Three in the series.

7 of 7 people found the following review helpful.

Buy It!

By David Lindholm

A very good book for those interested in the medieval longsword. It is especially helpful in that the author covers basic biomechanics in detail and does not only give his own interpretation of techniques. This gives the reader a good understanding of what swordsmanship actually is all about - the body and not the sword at all really. Basic techniques and movements of the blade are explained in a thorough and very clear fashion. Mr. Windsor writes very well and this is a book that I can honestly recommend to all with an interest in medieval swordsmanship or just swordsmanship in general.

David Lindholm

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