

School of European Swordsmanship
Give your team the edge



Team building • Manager training • RSI prevention • Fun and fitness • Events



Welcome to the School of European Swordsmanship

We are the world's leading school of authentic Western-tradition swordsmanship. So what do we have to offer you, a 21st-century organisation in a complex, technologically advanced world?

More than you might think. Your people belong to a structured community with its own culture and mission. They must overcome mental and physical obstacles to achieve group and personal goals.

In times gone by, schools across Europe equipped such people with the skills they needed to succeed in combat. Today of course, working life is rather less hazardous. But the core skills of swordsmanship – foresight, boldness, energy, resourcefulness – are just as useful in the cut and thrust of modern business.

Besides, handling a real sword in a safe, friendly environment is great fun. And we all need some of that!

What we do

We offer something for everyone. Our courses in team building, fitness and strength training, repetitive strain injury prevention and decision-making are tailored to your needs. We also give swordsmanship displays that will thrill guests at your event or celebration.

There is so much more than we can possibly convey in a brochure like this, so we'll stick to the facts and let others speak for us.

We hope you will be inspired to get in touch – and give your colleagues an experience they will remember for the rest of their lives.

Guy Windsor, Director



All for one...

In today's networked world, co-operation is more important than ever. Successful organisations have systems in place to support knowledge-sharing, multidisciplinary approaches and cross-border working.

But effective teamwork also relies on more personal qualities. Shared goals; mutual respect; and above all, trust.

Through learning the basics of swordplay, your team will strengthen their relationships and learn to work together. Swordsmanship training develops trust, confidence and discipline in a fresh and enjoyable way.

Whether you come to our training hall (the salle), or we come to you, we'll bring your team together in an event they will never forget.

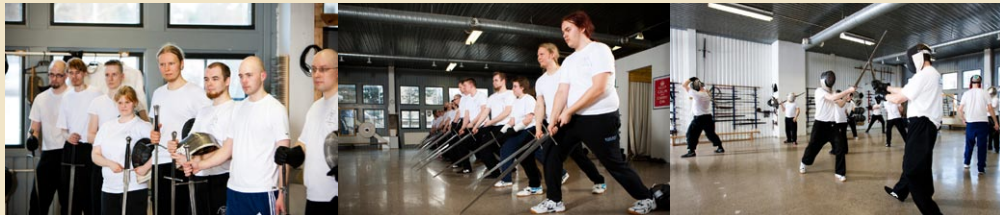
What we do

Sessions are totally adaptable:

- A typical session includes warm-up and strengthening exercises; an introduction to swordsmanship principles and movements; solo, partner and team work; all leading up to real swordplay! And with 500 years' worth of European swordfighting styles to choose from, we'll ensure your training meets your team's particular needs and interests.
- Sessions can be as short as an hour, or as long as a full day.
- We can fit into an existing employee programme or deliver standalone training.

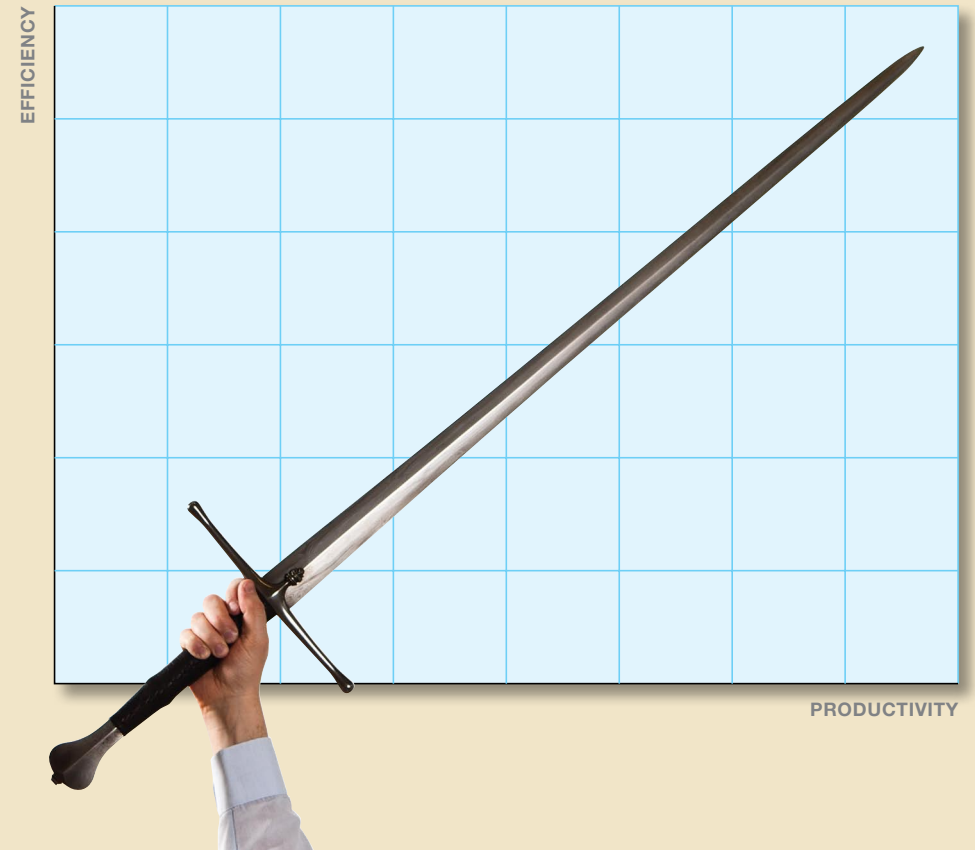
What participants gain

- Improved agility and fitness.
- Morale boost.
- Greater confidence.
- A unique bonding experience.
- A fun introduction to an impressive new skill.



“Once you’ve had a sword swung at your head, you can cope with anything!”

Guy Windsor, Director of the School of European Swordsmanship



The chivalrous manager

Companies and organisations are increasingly judged by their behaviour as corporate citizens. Managers face particular pressures in furthering their company’s mission without compromising their responsibilities to their staff, clients and the wider community.

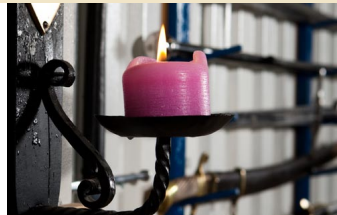
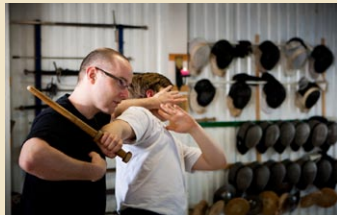
This seminar helps managers develop their faculty for fast and ethical decision-making. As Alexander cut through the Gordian knot, so attendees will learn to cut a target with a sword. This physical experience, and all that leads up to it, creates a vivid model for balanced, effective decision-making.

What we do

- Discuss the challenges participants typically face.
- Create a framework for organising information, using mediaeval memory training.
- Offer mental and physical techniques for accessing decision-making skills.
- Teach accurate basic sword strokes.
- Explain and demonstrate how to slice a tatami mat in two!

What participants gain

- An insight into Western martial arts techniques and how to apply them in their day-to-day work.
- Greater decision-making ability.
- Greater confidence.
- A unique bonding experience.



Protect your people

Repetitive strain injury (RSI) is a painful condition affecting the hands, wrists, arms, shoulders or neck, associated with the prolonged use of computers or other machinery. Every year, companies lose millions in revenue through lost working hours caused by RSI.

However, the right kind of exercise can both prevent and alleviate the condition. The body posture and grip-strength training essential for swordsmanship are ideally suited to undoing the damage caused by modern working life – helping your employees stay healthy, pain-free and effective.

What we do

We come to your workplace and teach your staff:

- Good postural habits
- Forearm conditioning exercises
- Self-massage techniques.

What participants gain

- Employees learn techniques to reduce either the risk or the effects of RSI.
- Employers can make a difference to their employees’ health while improving the productivity of their business.

“Guy is not just an expert in historical European martial arts, but a superlative instructor.”

Nikodemus Siivola, IT developer, entrepreneur and SES student



“I’ve been practising at the School for ten years and have only positive experiences of training and working there.”

Otto Kopra, Senior Software Engineer, Nokia

The joy of swashbuckling

We all know the mental and physical benefits of exercise. In fact, new research¹ suggests that the health risks of sitting for extended periods are more serious than previously thought.

Yet in the office environment, where most of us spend our days, it's easier to take a break with a doughnut or cigarette than to fit in a workout. Besides, most exercise regimes that can be done in the workplace are not exactly inspiring.

So what better way to revitalise your staff than with our fun, sword-inspired fitness programmes? We can provide anything from a full workout to teaching a three-minute, energy-boosting fitness break. And because all our programmes are tailored to your people, they'll start to see results fast.

What we do

We teach your team:

- Safe, therapeutic exercises that can be done in the office (and in smart workwear)
- Posture and body mechanics, and exercises such as proper breathing
- Fun, friendly games for two or more players.

What participants gain

- Tools for maintaining a healthy mind in a healthy body.
- A great way to get fit, clear their heads and let off steam!
- Your organisation gains fitter employees who will work more efficiently and take less time off work.



¹ Sedentary Behaviors Increase Risk of Cardiovascular Disease Mortality in Men, Medicine & Science in Sports & Exercise 2010, University of South Carolina.

“Attitude. Health. Strength. Stamina. Discovering the surprising reason behind my chronic knee problem. All this from the edge of a sword!”

Matti Lepomäki, Technical Support Engineer



Get in the swing

Nothing attracts attention quite like a display of flashing blades. We are available to give expert demonstrations of authentic swordsmanship at your event, whatever the occasion.

- **Parties:** We can give dazzling displays of swordfighting, and entertaining and informative demonstrations of our art, to make your night exceptional.
- **Trade shows:** Stand out from the crowd and get visitors talking, as a team of swordfighters demonstrates the true meaning of 'competitive edge'!
- **Corporate events:** Let us put on a memorable performance for your company presentations or corporate training videos.

Talk to us about creating a display for your next event.

“The School of European Swordsmanship is the gold standard for Western martial arts training.”

Sean Hayes, Master of Arms at the Northwest Fencing Academy, Oregon, USA, and San Jose Fencing Masters Program Examination Board.

About us



The School of European Swordsmanship

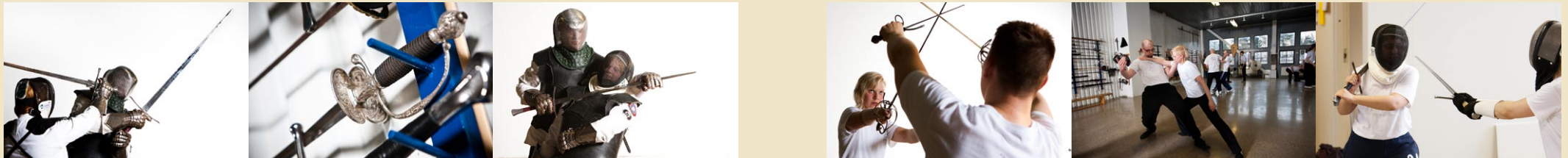
The School, founded in 2001 by Guy Windsor, offers training in a range of historical European swordsmanship styles, from the knightly combat of the Middle Ages to elegant Renaissance and Enlightenment duelling styles. We have branches throughout Finland, as well as sister schools in Sweden, the USA, Canada and Singapore.

About Guy Windsor

Guy Windsor has a uniquely broad training in Western swordsmanship. He has conducted research into most of the recorded swordsmanship styles between 1300 and 1800, and is the author of several books on the subject. Guy divides his time between teaching at his salle in Helsinki, taking workshops in Finland and abroad, and acting as a historical fight adviser to the US film and video game industry.

Safety assurance

All training is conducted under the eye of an experienced instructor, using properly designed and constructed equipment. As with any physical activity there is some risk of minor injury, and participants with existing health problems should inform the instructor before training.



Contact us

We'd love to help you benefit your people and organisation.

To start the conversation, please contact info@swordschool.com or contact Guy (in English only) at guy.windsor@swordschool.com telephone: 040 554 8069.

www.swordschool.com

