

WMAW 2011 Class Notes for:

Martial Magic!

Instructor: [Guy Windsor](#)

Class Category: Medieval Weapon Arts

Class Length: 1 hr 30 min

Experience Level: Intermediate to Advanced

Intensity Level: Moderate

Pre-Requisites: Facility in some sort of sword art.

Required Equipment: Mask and sword (any kind).

There are a host of tiny tweaks to technique that allow experienced martial artists to apparently break the rules. In this class we will look at some of them, and cover ways of training that will dramatically shorten the length of time it takes to perform these feats. We will focus especially on ways of holding the sword to allow impact to be absorbed, to improve power generation, and to eliminate (up to a point) the necessity of having an advantage of leverage to control the opponent's sword. We will also, if time allows, look at ways of creating specific expectations in our opponent through body language, in order, of course, to defeat them.

Distinguish Demo from Fight

Information:

- 3 bear hugs
- grip

Structure: 200/600

- direct pressure to ground
- Energy on impact- where does it go?
- Three breaks: hand, shoulder, hip

Flow:

- Remove impediments
- Assign target image
- Allow the action

Body language:

- Vision
- Touch chest exercise
- Language

To Strike and not be Struck

Instructor: [Guy Windsor](#)

Class Category: Medieval Weapon Arts

Class Length: 3 hrs

Experience Level: Intermediate

Intensity Level: Moderate

Pre-Requisites: Some longsword experience in either Fiore's art or the Liechtenauer system is recommended.

Required Equipment: Mask, sword and gloves.

Double hits are the curse of fencing and usually come from failing to identify a threat. In this class we will examine the crossings of the sword in Fior di Battaglia, and use them to determine the optimum action to take in the given circumstances. We will look at them first as static positions, to help us determine the exact conditions, then work on creating specific crossings to exploit as both attacker and defender, and lastly develop training methods for reacting accurately to unforeseen crossings.

What do we do from here?

- Four crossings drill
- 20 plays largo
- 23 plays stretto
- Cover from the left

How the hell do we get there?

- Attack
- Defend
- By accident

Multipliers:

- Attacker enters
- Attacker binds
- Defender counterattacks

Save your Joints!

Instructor: [Guy Windsor](#)

Class Category: Body Mechanics, Physical Conditioning and Training for WMA

Class Length: 1 hr 30 min

Experience Level: Beginner to Advanced

Intensity Level: Moderate

Pre-Requisites: None

Required Equipment: Any sword. Ideally also a 6' stick (such as a short quarterstaff).

Martial Arts are hell on the joints if you don't look after them. Just as a Formula One race car needs more maintenance than an ordinary runabout, so do martial artists' bodies need more care and attention than those of those who don't train. In this class we will look first at the basics of absorbing impact from the sword through correct grip, and then cover the fundamentals of wrist and elbow maintenance, with massage and careful **strength training**.

- Grip and grounding
- Impact paradigm
- Tissue fluid paradigm
- Wrist exercises
- Massage