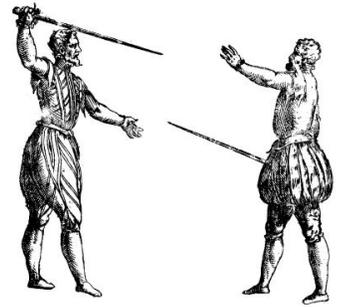


# OSU's Medieval and Renaissance Studies And the Society for Creative Anachronism Present *Period Fencing with the SCA*



## ❖ Class Schedule and Announcements

- Tirnewydd [Columbus] Web Page – <http://www.midrealm.org/tirnewydd>
- Discussion group for announcements – <http://groups.yahoo.com/group/tirnewydd>
- Meetings are usually every Wednesday night when OSU is in session, starting at 7:00 PM in Knottman Hall. See above resources for schedule/location changes and important announcements.

## ❖ Overview

- We teach civilian self defense from historical manuals written in the 1500's AD.
- Rules
  - **Safety** – We teach safety first. When anyone yells “Hold,” all fighting stops to check for safety concerns
  - **Attacks** – We use the tip of the weapon to *Thrust* as if stabbing the person until light contact is made. We use the edge of the weapon to *Draw* along a person for 6 inches as if slicing turkey. We *NEVER* use chopping attacks or deliberate pushing/kicking/tripping/punching.
  - **Targets** – The entire body is a target, front and back. A good thrust or draw cut disables an arm or leg. Anywhere else, it kills.
  - **Calibration** – *How hard do you hit someone?* We only require enough pressure to feel the blade through your protective clothing, about three pounds of pressure. Despite how fast you see us moving, everyone is carefully trained to “pull” their blows. There are more rules you will learn as you study with us.
- **Equipment/Armor**
  - **Loaner Gear** – Early novice training doesn't require you to have any fencing gear of your own. We have a very limited amount of loaner gear for use at practices, which the teachers/marshals will hand out as fairly as possible. The earlier you are here, and the more often you show up, the more likely you will be to get to borrow gear.
  - **Buying your own gear** – *DON'T BUY ANYTHING YET!* I cannot stress this enough. We will be happy to help you pick out the correct purchases. Most modern fencing gear for college classes will not work here.
  - **Cup** – This is the one exception: *ALL MEN REQUIRE A CUP*. Buy one now, we don't loan these out. You will not be allowed to participate without one.
  - **Clothes** – When you come to practice, wear *SHOES* [not sandals], *SOCKS*, and *PANTS WITHOUT HOLES* such that no skin is showing. Wear a comfortable T-Shirt that can get sweaty, because you will. When necessary, we can provide the rest of the gear until you're ready to buy your own. Bring a *SWEATSHIRT*, we practice outside when weather permits.
  - **Gloves** – Find a pair of leather gloves that's comfortable and fits snugly. This should be something you buy early, as it will directly affect your learning to be able to feel the weapon in your hand. Ideal gloves would have a long cuff to cover your sleeves, but this can be sewed on later. Gauntlets from a fencing supplier are usually more expensive than gardening gloves which work almost as well.
  - **Jacket** – The fencing jacket is made to protect you against accidents if a blade breaks sharp, and offers a little padding against hard hits. These can be commercially made [must be “SCA” specific or ambidextrous, not “lame” or “electric”]. These can also be made by anyone who sews, provided the cloth meets our standards. *ASK A MARSHAL/TEACHER BEFORE BUYING CLOTH OR SEWING A JACKET!*
  - **Mask** – The most important piece of armor, only a modern fencing *3 WEAPON MASK* will do. Expect to pay at least \$80 for this, don't buy used or cheaper masks, they *DO* wear out! The most common is the Model 1999 mask from Triplette. Check with a marshal/teacher for size information. Fully metal helms are both more expensive and durable.
  - **Gorget** – A metal collar that protects your throat.
  - **Chest Protector** – A plastic breastplate that helps protect against the accidental hard hits, made in different shapes and sizes for both men and women. These are *OPTIONAL*, so talk to other fencers or marshals/teachers if you're interested.
  - **Weapon** – Swords, daggers, shields, and other “toys” are all specially made for human fencing in controlled situations. You *CANNOT* use that old sword your parents had in the living room, Grandpa's cavalry saber, or anything you bought at a Ren Fest. Our rapiers have blades between 30 and 45 inches long to suit different styles and people. The hilt, or fancy part that protects your hand is different on almost all weapons, a matter of personal taste. The most generic, off the shelf weapon will cost at least \$120.
  - **Starter Kits** – Some companies sell starter kits with most of the things you'll need for as little as \$250. Many of these items can be made or acquired elsewhere cheaper and better if you're willing to ask and look.
- Resources
  - Midrealm SCA Website – <http://www.midrealm.org> – More information about the SCA and our rules for martial arts
- Contact the Teachers/Marshals
  - Acelin – [lynn\\_p@treca.org](mailto:lynn_p@treca.org) or Marco Borromei – [marco-borromei@columbus.rr.com](mailto:marco-borromei@columbus.rr.com)

# OSU's Medieval and Renaissance Studies And the Society for Creative Anachronism Present *Period Fencing with the SCA – Practice!*



## ❖ Practicing at Home

- The difference between having fun fencing and being really great at it, between constant losses and consistent victory, is as simple as a few hours a week of practice at home.
- These simple drills and exercises will help you train skills we teach into reflexes.
- All you need is a little space to practice, a cheap Sword Shaped Object, and an eye towards safety: **DON'T HIT PEOPLE!**

## ❖ Equipment

- **Sword Shaped Objects [SSO]:**
  - If you have a fencing weapon [rapier/epee] use it for practice drills
  - If you don't, any SSO will do provided it is lightweight n straight, and not terribly flexible. Buy a 3/8 inch dowel rod at your local hardware store, 48 inches long. Measure 36 back from the "tip" and mark. Hold your SSO behind that spot.
- **Target Equipment**
  - **String and Tape** – Necessary for hanging practice targets in doorways, tree branches, or shower rods.
  - **Paper Plates** – Cheap, easy to use, and highly adaptable targets; number 1-4 on one side, and hit only the numbers!
  - **Nerf Balls** – When paper plates are too easy, get these in smaller sizes.
  - **Boffer Bag** – For really advanced practice, costs <\$10, simulated live partner movement. Put this little kid's punching bag on a chair or table to make a taller opponent. Get lots of duct tape to seal holes if you hit it too hard!
  - **Wall Targets** – If you have a wall you can't damage [basement block, concrete, etc] you can hang paper targets directly on it. If there's a chance you'll damage a wall by poking it with a SSO, don't use that wall; hang your targets instead.

## ❖ Practice Drills [Perform all drills from "Low Ward" stance, repeat for both hands]

- **Point Control:**
  - Hang a paper plate [by the edge to make a round target] or nerf ball at chest height. Take your stance and thrust at your target. The goal is to make contact, but not move the target much. Increase difficulty by marking numbers on the plate/ball and hitting only one specific number each time.
  - Hang three plates on one string, one at head height, one mid chest, and the last at belt level. Thrust to the head, chest, belt, and repeat. Start slowly and be accurate, worry about speed later. Use numbers or holes in plates for a challenge.
  - To increase difficulty for either exercise, have a friend call out numbers randomly for you to hit.
- **Calibration and Distance:**
  - Hang a paper plate at chest height, *one inch in front of a wall*. Take your stance and thrust at your target. The goal is to hit the paper plate, but not the wall. Repeat with three plates at different heights. Vary your distance to the wall.
  - Set up matchboxes [or dominos, boxes of jello, mac and cheese, etc.] on counters or tables and practice thrusting lightly to knock them over. This makes you aware of what you can and cannot reach from any one spot. Move and continue.
  - Place an inflated boffer bag on a table or chair and mark a small target. Thrust to hit with enough force to knock the bag almost over, but not completely flat. The movement of the bag as it stands back up with mike this more difficult.
- **Footwork:**
  - Find a safe place to practice, 2-3 feet wide, 6-8 feet long, with no stairs, dangerous objects, traffic, balconies, or animals in your path. Practice the steps we're learned in planned or random patterns. Pay attention to your feet and be precise!
  - Example: Advance... Advance... Retreat... Retreat... Advance... Lunge... Recover back... Retreat... Advance... Lunge... Recover forward... Lunge... Recover back... Retreat... Advance... Pass step... Pass step... Advance... Retreat... Pass back step... Pass back step... Retreat...
- **Parries:**
  - Hold your SSO and practice basic Sword Parries, Inside and Outside, while keeping your tip from drifting.
  - Use a short piece of string and some tape to attach your tip to a doorway to help keep from drifting.

## ❖ Exercise

- **Stamina:**
  - Fencing will require stamina. Common exercises to increase stamina include running, swimming, biking, etc.
- **Strength:**
  - Train for endurance with light weights, not bulk muscle size.
  - Do simple curls with light weight objects, half-pound or one pound but no more. Coffee mugs work well for this.
  - Door Knob: find a door knob, hold your SSO, extend your arm fully, and draw tiny circles around the door knob with the tip of your SSO. Don't touch the door knob. When your arm tires, switch hands and repeat.

# OSU's Medieval and Renaissance Studies

## And the Society for Creative Anachronism Present

### *Period Fencing with the SCA – Buying Gear!*



#### ❖ Starting Out

##### ➤ Equipment/Armor

- **Loaner Gear** – Early novice training doesn't require you to have any fencing gear of your own. We have a very limited amount of loaner gear for use at practices, which the teachers/marshals will hand out as fairly as possible. The earlier you are here, and the more often you show up, the more likely you will be to get to borrow gear.
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#### ❖ Ready to Buy

##### ➤ Starter Kit: [2007 prices,, subject to change]

- Triplette offers a fairly priced starter kit at <http://www.tripelte.com> in the **SCA Fencing** section
- This kit [~\$250] includes a mask, gloves, choice of armor jacket or undershirt, and basic weapon with choice of blades. We recommend buying the undergarment armor and the T03 blade [35 or 40 length depends on style you want to learn]
- This kit does *NOT* include a hood [\$24] or gorget.
- Triplette will upgrade parts of the starter kit at request.

##### ➤ Gorgets [2007 prices,, subject to change]

- MKA – stainless - ~\$45 – <http://www.MKArmory.com>
- Therion – leather and steel, large coverage - ~\$120 - <http://www.therionarms.com/reenact/com223.html>
- By The Sword – leather - ~\$40 - <http://www.sword-n-stuff.com/acatalog/Neck.html>
- Alchemy – plastic - ~\$45 - <http://www.alchemyarmory.com/catalog.htm>
- Make your own, ask how!

##### ➤ Masks – 3 Weapon ONLY!! [2007 prices,, subject to change]

- Triplette – Model 1999, *NOT 183* – ~\$85 - <http://www.triplette.com/Zen/Zen-Index.htm>
- American Fencer Supply - Prieur 3-W – ~\$160 - [http://www.amfence.com/html/masks\\_bags.html](http://www.amfence.com/html/masks_bags.html)
- James the Just – 3 W Mask – ~\$75 – <http://www.jamesthejust.com>
- MKArmory – Steel fencing helmets starting at ~\$170 – <http://www.MKArmory.com>
- Used: bring any used mask to be inspected before purchase, beware used masks!

##### ➤ Armor [2007 prices,, subject to change]

- Triplette – Undergarment or Jacket – ~\$50-75 – <http://www.triplette.com/Zen/Zen-Index.htm>
- Triplette – SPECTRA superlight undergarment – ~\$250 – <http://www.triplette.com/Zen/Zen-Index.htm>
- Make your own for as little as ~\$40, ask about getting cloth tested, and a sewing machine is available at practice

##### ➤ Gloves [2007 prices,, subject to change]

- Triplette – Fencing gloves – ~\$20-60 – <http://www.triplette.com/Zen/Zen-Index.htm>
- A F S – theatrical gauntlet - ~\$32 – <http://www.therionarms.com/reenact/com223.html>
- Gardening gloves - ~\$10 – add your own longer cuff

##### ➤ Weapon [2007 prices,, subject to change]

- Blades – buy only MKA, T03, Hanwei Practical Rapier, or Del Tin practice/bated blades... no Schlagers/Epees/Foils
- MKArmory – complete weapons ~\$250 and accessories, locally owned – <http://www.MKArmory.com>
- Triplette – R6, R8, R9, R10, or R11 are good choices– ~\$120-180 – <http://www.triplette.com/Zen/Zen-Index.htm>
- Darkwood – any <1600 style with Del-Tin Bated or Practice – ~\$305-475 – <http://www.darkwood.com>
- James the Just – Any style with above blades – ~\$175-280 – <http://www.jamesthejust.com>

# OSU's Medieval and Renaissance Studies And the Society for Creative Anachronism Present

## *Period Fencing with the SCA*

### *Learn the Rules – Get Authorized*



#### ❖ Learn the Rules

##### ➤ Middle Kingdom Rapier Rules

- Download the Rapier Marshal's Handbook – <http://www.midrealm.org/marshal/fencing/rules/>
- Read Sections 1 and 2 – Section 3 is for Marshals, you will not need to know this section yet.
- Ask Questions – If there's anything you don't understand, ask your local Marshals.

#### ❖ Get Authorized

##### ➤ What is Authorization?

- Getting "Authorized" is a necessary step before entering tournaments at events.
- Authorization is a standard skill test where you demonstrate understanding of the rules, safety, offense, and defense
- Authorization consists of a quick oral quiz on the rules [learn them!] and a few rounds of sparring with a Marshal
- To test for Authorization, you MUST be a paid member of the SCA - <https://secure.sca.org/membership/>
- You authorize in Single Rapier first, and for each of the other forms separately: Dagger, Buckler, Cloak, and Case.
- You may only authorize in 2 styles per event

##### ➤ When and Where do I Get Authorized?

- Like Yoda said: "Ready, are you? What know you of ready?" Ask your local Marshal if you're ready.
- You can get authorized at almost any event with Rapier scheduled - [http://www.midrealm.org/midrealm\\_calendar.phtml](http://www.midrealm.org/midrealm_calendar.phtml)
- Bring your Driver's License or Passport for ID, and your membership card

##### ➤ How does Authorization work?

- Rules: Two marshals ask you questions about Sections 1 and 2 of the Rapier Handbook [see above]. If you are unable to answer these questions, you must wait until the next event.
- Combat: 3 or 4 rounds of combat to demonstrate your basic skills and safety. You will be required to fence with both hands, and from the ground. Between rounds, the Marshals and your opponent will discuss your performance privately.
- Safety: Do you understand the rule, and can you avoid actually hurting anyone or yourself?
- Defense: Do you make an attempt to defend yourself with both your rapier and your off hand?
- Offense: Do you make an attempt to attack your opponent, targeting different areas, recognizing openings?
- This is like the driving test, a test of MINIMUM skills. You don't need to be a GREAT fencer to pass, just SAFE

##### ➤ After Authorization

- You MUST complete the following paperwork:
- Authorization Form: 2 part, fill out both and get signatures from marshals
- Society Waiver form: sign with witness, mail with part of Auth. Form
- Event Authorization Log: Fill out section, leave with Marshal in Charge
- You will get your Authorization Card in the mail in 6 weeks
- Keep the other half of your Auth. Form as temporary auth card

Mail half of Auth Form, Waiver, copy of ID, Blue Card and S.A.S.E. to Clerk of the Roster – address at: <http://www.midrealm.org/marshal/>

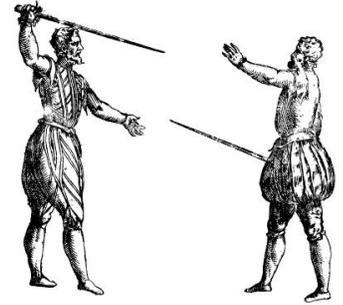
##### ➤ Advanced Authorizations

- These are a shorter version of the Single Auth, each geared towards a specific secondary form
- Dagger: Know daggers specific rules, show use of dagger in offense and defense
- Parry Item – Buckler/Cloak: Know rigid and non-rigid parry specific rules, show use of buckler or cane in defense
- Case: there are no case specific rules, show use of two rapiers in offense and defense
- After each authorization is passed, the Marshal can sign your card, but you still need to fill out the paperwork above. Mail half the Authorization form to the Clerk of the Roster without an S.A.S.E. You will not get a new card.

##### ➤ Entering Event Tournaments

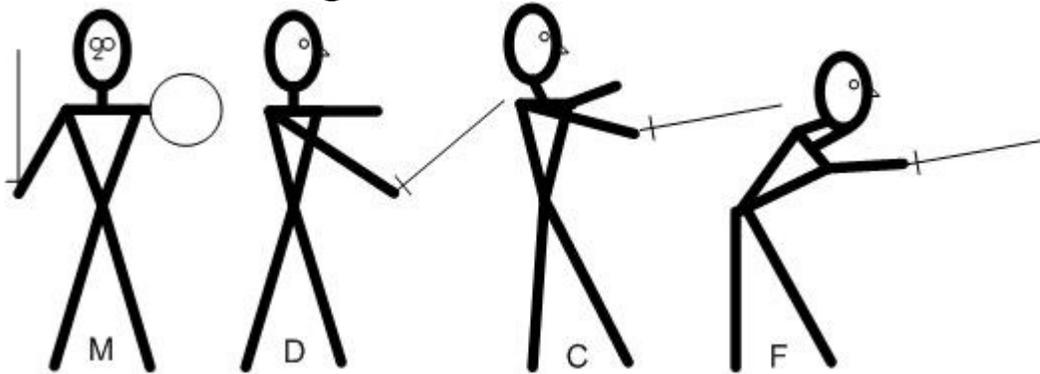
- Bring your ID, SCA Membership Card, and Authorization Card
- Ask the marshal where to sign in; sign tournament roster and waiver
- Get armored up and ask a Marshal to inspect your armor and weapons
- You may only use styles in which you are authorized in an event tournament
- Be safe and have fun!

OSU's Medieval and Renaissance Studies  
 And the Society for Creative Anachronism Present  
*Period Fencing with the SCA – Learning Map*



<b>Novice</b>	<b>Wards and Weapons</b> How to handle weapons Standing in Low Ward	<b>Rules and Safety</b> How we play this game and stay SAFE Targets and legal behaviors
	<b>Footwork</b> Foot Position 6 Steps: Advance, Retreat, Lunge Pass, Slope, Compass	<b>Tempo and Measure</b> 4 Tempos you use to attack the opponent 5 Tempos the opponent gives you to exploit 4 Measures: Out of Measure, Wide Measure, Narrow Measure, Close Measure
	<b>Defense in Double Tempo</b> Above the belt, left: hand parry Above the belt inside, sword parry inside Above the belt outside, sword parry outside Below the belt sword parry Voids	<b>Offense</b> Thrust Draw Cut Lunge Point Control and Calibration Choosing effective targets
	<b>Defense in Single Tempo</b> Merging double tempo defenses into single tempo Identifying the tempos you give and reducing them Voids and Counterattacks	<b>Off Hand Skills</b> Point Control and Calibration Single tempo actions
	<b>Melee</b> Rules for melee/group fights Basic tactics of melee fighting Team formations and drills	<b>SCA Oddities</b> Fighting while legged / legless opponent Blade grasping Point of Honor Double Kills & Surviving the Bestial Man/Woman
	<b>Single Rapier Authorization</b>	
<b>Intermediate</b>	<b>Intermediate Weapon Forms</b> Sword and Dagger Sword and Buckler Sword and Cloak Two Swords	<b>Rules and Safety</b> How we play this game and stay SAFE Rules specific to intermediate forms
	<b>Footwork</b> Footwork changes specific to intermediate forms	<b>Tempo and Measure</b> Tempo and measure differences specific to forms
	<b>Blade Grasping</b> Proper uses of blade grasping	<b>The Tournament Mind</b> How being competitive is not “bad” Winning with honor doesn’t suck
	<b>Authorizing in Other Forms</b> Practice authorizations	<b>Appearance and Equipment</b> Increasing the authenticity of your appearance
<b>Other Form Authorizations</b>		
<b>Advanced</b>	<b>Marshallate</b> Becoming a marshal and teacher	<b>Perfecting a Form</b> How to train a particular form towards perfection
	<b>Studying Other Period Styles</b> Italian: DiGrassi [All the basics we’ve studied so far], <b>Capo Ferro, Fabris, Marrozo, Fiore</b> German: Meyer – Spanish: Destreza – English: Silver	

# OSU's Medieval and Renaissance Studies And the Society for Creative Anachronism Present *Period Fencing with the SCA – Period Masters*



## ❖ Four Masters – Marozzo, diGrassi, Capo Ferro, and Fabris

These are the four masters we teach from locally, but a nice overview of many other is available here:

<http://www2.nau.edu/~wew/fencing/masters.html>

- **Achille Marozzo** – “Opera Nova” – 1536 – Italy
  - Focuses on edge cuts of limited use in SCA rapier, but can be adapted for an energetic sword and shield style
  - Defines 11 guards, all movements are cutting motions from any one guard to another
  - Effective only at a Narrow Measure, or close range
- **Giacomo diGrassi** – “His True Arte of Defense” – 1570 – Italy
  - First to emphasize use of the thrust over the edge cut
  - Highly organized footwork and 3 Guards or Wards [High, Broad, Low] make this an ideal beginner’s style
  - Teaches all 5 SCA rapier forms [Single, Dagger, Cloak, Buckler, Case]
  - Emphasizes angular movement with Slope and Compass Steps and the Low Ward, with your sword hand near your hip
  - diGrassi wrote for the beginner who didn’t have a teacher available, resulting in a manual that is both very easy to understand, but also very limited in the techniques it covers
- **Ridolfo Capo Ferro** – “Gran Simulacro dell’ Arte e dell’ uso della Scherma” – 1610 – Italy
  - Focuses on tempo and measure, almost entirely thrusts with few cuts
  - Excellent for Wide Measure or long range combat
  - Weight on rear foot, sword arm fully extended
  - Requires very precise point control to use effectively
- **Salvador Fabris** – “Sienz e Practica d’Arme.” – 1606 – Italy, Germany
  - Similar to Capo Ferro’s stance, but bent forward to limit the use of your body as a target
  - Tempo, measure, and physics of the sword are absolutely required to make this work
  - Blade engagement and leverage used to control the opponent’s blade
  - This style requires a lot of flexibility in the legs, back, and neck, as most of the stances are crouched
  - This is generally considered to be the most complete period manual as it covers almost all aspects of rapier fighting

## ❖ How to Study the Masters

Studying the period sources is the most direct path to practicing historical arts. Here are a few tips to make it easier.

- **Source Material**
  - Most texts are available in the original period Italian, German, etc. If you don’t have years to learn the language, look for those which have already been translated into modern English.
  - Check multiple sources, there are usually more than one translation available, and all translation are **not** equal
- **Study**
  - Join [http://groups.yahoo.com/group/livre\\_de\\_combat](http://groups.yahoo.com/group/livre_de_combat) where many of the leading scholars in the SCA are discussing period texts. This is a great place to ask questions, as many of the primary translators of the source material are part of this group. Ask if you’re using the most accurate source available? Find other students near you and compare notes.
  - Read the text one section at a time, **don’t** just mimic the diagrams! Read one section, work slowly through the instructions with a sword in hand until they make sense! Repeat until you can recite it without the text in hand.
  - Find a partner and work slowly through the material to see how it works with an opponent.
  - **ASK** questions whenever necessary! We’re all students here, and we all want **you** to learn to!
- **Test**
  - Try your new system in sparring, but don’t be discouraged if you lose frequently in the beginning.
  - Persevere, and learn from each loss. If you stick to the Master’s system, learn and practice, it will work.

Web: [www.midrealm.org/tirnwydd](http://www.midrealm.org/tirnwydd) – Discuss: [groups.yahoo.com/group/tirnwydd](http://groups.yahoo.com/group/tirnwydd)

Email: Acelin – [lynn\\_p@treca.org](mailto:lynn_p@treca.org) or Marco Borromei – [marco-borromei@columbus.rr.com](mailto:marco-borromei@columbus.rr.com)

# OSU's Medieval and Renaissance Studies

## And the Society for Creative Anachronism Present

### *Period Fencing with the SCA – Key Concepts*



#### ❖ Technical Terms

- **Weapons** – Not dishwasher safe.
  - Rapier or sword – an approved blade longer than 18”
  - Dagger – an approved blade shorter than 18”
  - Buckler/Shield/Target/Rotella – any manner of rigid shield or object
  - Cloak/Hat – any manner of soft object used to parry
- **Body** – Where am I and why is he bleeding?
  - We divide the body in many different ways for reference as we learn:
    - Above the Belt and Below the Belt
    - Left Side and Right Side
    - Inside and Outside along the line of the blade held in Low Ward; Inside is the larger piece of your body
    - Sword Hand and Off Hand as well as Sword Foot and Off Foot
- **Time and Space** – Renaissance Physics Attacks!
  - Tempo – There are 2 uses of the word "tempo"
    - The tempo's in which YOU move:
      - a. Dui - double beat tempo when you defend/counterattack as two moves
      - b. Primo - single beat tempo when you defend/counterattack as one move
      - c. Mezzo - middle tempo on attacks in the misura stretta or narrow measure
      - d. Contra - counter tempo on attacks from the misura longa or wide measure

Learn new defensive techniques in Dui, practice them slowly to precision, then speed up and merge the movements into Primo. Drill your offensive techniques as Mezzo Thrusts and Contra Lunges.

- The tempo's YOUR OPPONENT gives you, or the gaps in his timing you exploit:
  - a. Foot - when he lifts his foot to move in on an attack [your response is in Contra]
  - b. Parry - when he parries [use a finte or feint to make him start a parry]
  - c. Change Guard - when he moves from one guard to another without attacking you
  - d. Hand - when he raises his hand, as it engages all the muscles to move his hand away from you, and requires switching to an entirely different nerve/muscle set to start moving towards you [your response is in Mezzo]
  - e. Miss - when he misses a thrust or cut and must recover to make another [your response should have been a Primo defend/counterattack, or if not engaged, attack in Mezzo]

Recognize the tempo's your opponent gives you, and exploit them.

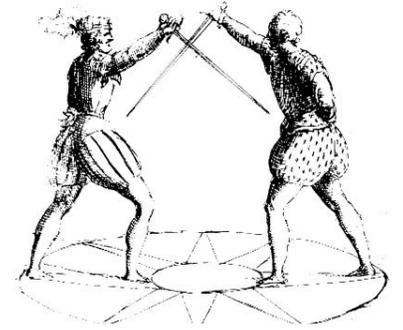
Ideally, those 5 tempo's are the ONLY times you should strike your opponent.

Recognize the tempo's YOU give out, and learn to shorten them.

At the end of each fight, ask you opponent what tempo's you gave them to exploit [this is a more detailed question than "How did you kill me?"] Tell your opponent what tempo's they gave you.

- Measure – How away is your opponent? This varies by combinations of person, weapon, and pace.
  - Close Measure – You are close enough to come to grips with your opponent but too close to use your sword point
  - Narrow Measure – Misura Stretta – You can reach your opponent by moving only your arm
  - Wide Measure – Misure Longa – You must take a step and extend you arm to reach your opponent
  - Out of Measure – You *cannot* reach your opponent with a single step, you are out of range
- **Hierarchy of Learning** – Build from the bottom up!
  - Strategy – What is your general goal? “*I’m going to kill that guy with a sword.*”
  - Tactics – Plans to accomplish that goal. “*I’ll move into the narrow measure at an angle, bind, and strike his head.*”
  - Techniques – Major functions of your plan. “*I’ll move into the narrow measure by exploiting his timing and leverage.*”
  - Skills – Building blocks necessary to assemble techniques. “*What is measure? What are footwork steps?*”

# OSU's Medieval and Renaissance Studies And the Society for Creative Anachronism Present *Period Fencing with the SCA – Key Concepts*



## ❖ Footwork

- Starting foot positions are **OUTLINED** in a box
- These are basic steps which have several variations
- All steps are depicted with the Right foot forward but should be drilled with the Left foot forward as well
- Steps should be small enough to remain balanced

<p><b>Advance [Half Pace]</b> Moving forward</p>	<p><b>Retreat</b> Moving backwards</p>	<p><b>Lunge [Increased Pace]</b> Fast Attack to the Wide Measure</p>
<p><b>Pass [Whole Pace]</b> Larger movements forward and back Can be done off either foot, in either direction</p> <p><b>Forward</b></p> <p><b>Back</b></p>	<p><b>Slope</b> Moving forward at an angle, breaking the line of the fight Often followed by a <b>Pass Forward</b></p>	<p><b>Compass</b> Turning to face a moving opponent</p>