



## Dreynevent 2013 - Vienna

### *Sword & Buckler Workshop after Manuscript I.33*

Roland FUHRMANN (Ost du Griffon Noir, Hammaborg, HEMAC)  
Antonius MENTING (Président Ost du Griffon Noir)

## Beginners Workshop - Handout



### Introduction



- This workshop will introduce the fencing with sword & buckler after the manuscript I.33.
- We will present also how we look at it as a **martial art**.
- The first part will be a „short“ **lecture**, followed by practical **exercises**.
- A handout will be provided after the workshop.

Workshop is only 100min long, so please save all questions on the theoretical part for later!

#### Word of Caution:

Please keep in mind that all presented material in this handout was part of a workshop and has to be seen in the context of what was demonstrated and explained.

## What do we need to interpret a lost Martial Art?

### Two Elements

#### The Historical Source



#### Martial Principles

Biomechanics

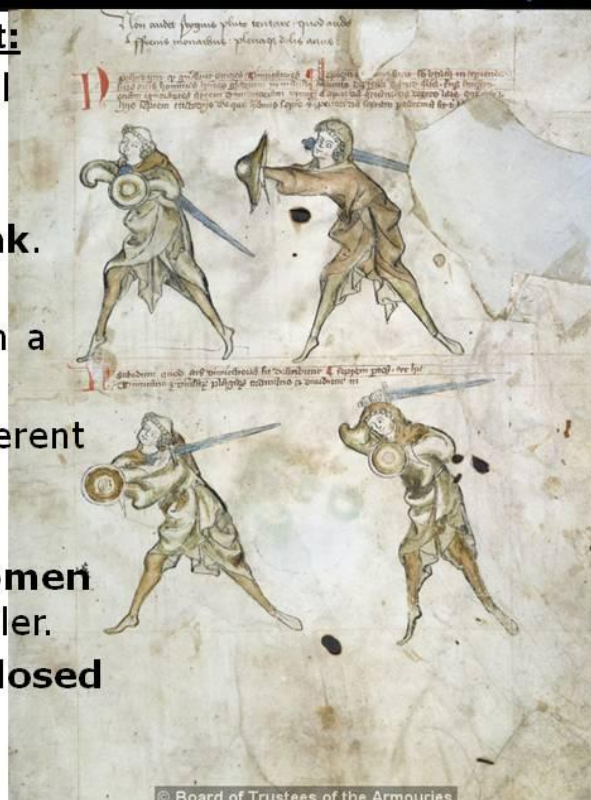
Principles of Theory

Philosophy

## The Historical Source

### Some facts about the manuscript:

- The I.33 is stored in the Royal Armouries in Leeds/UK.
- It is dated around **1300**.
- Presumably written by a **monk**.
- His name might have been **Liutger** who might have been a retired soldier/knight.
- As of today, there are **40** different **plays**. It is certain that some **pages are missing**.
- The last play introduces a **women** fighting with sword and buckler.
- The manuscript describes a **closed system** of sword & buckler fencing.





# Martial Principles



**The principles are divided into three categories:**

## **I. Principles of Theory**

## **II. Biomechanics**

## **III. Philosophy**



# Martial Principles



- **Pure** objective → « obtain a victory , instantaneously and absolute »
- **Real** objective, **control** → « having control over your opponent , by controlling the space in between and controlling one self »
- All techniques should be able to be produced by **everyone** ; small , big, man ,woman, etc.
- The **power** that will be **generate** by the **body**, **amplified** by the **sword** should give a maximum of force and effect.
- A certain technique...
  - should be performed to **perfection**, not to functionality.
  - should be as **simple** as possible.
  - should work according to the **nature** of the human body.
  - should become a **automatic** reaction, instinctive reactions are not allowed within an art.
- One should be **aware** at all times what I.33 is about. Playing with swords is **lethal**.





# Basics



## What are the basics?

### Use of the Buckler

Closing the attack line

Protecting the Hands

Strike (Edge or Flat)

Gain/Take Control

### Sword movement

MS 3227a → the point goes like a string to the opponent!

Usage of Point of Rotation

No „Pirate Fencing“ ← no big, exaggerated movements

„Stichschlag“ ← thrust strikes

### Stances

Bent forward – shoulders over knees

Always look „sexy“ ☺



## First Play – Prima Custodia



**Pommel is held relatively high!**

**Back of the foot visible:  
Indicates that the right  
foot is back!**



**The foot is shown from the side:  
Confirms that the leading leg is  
the left!**



# Halpschilt vs Prima Custod.



The fencer in Halpschilt (Half-Shield) approaches.

The fencer in the Guard falls under the Half-Shield. It can be observed that the hands of the fencer who falls under are mostly lower than the one adopting half-shield.



# Schiltslac & Stichslac







# Sexta Custodia - Halpschilt



Perspective changes!

Buckler changes side!



## The End



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Last but not least:

Thank you **PARTICIPANTS** of this boring workshop and listeners to this boring presentation!