



ACADEMY OF EUROPEAN SWORDSMANSHIP

Newsletter—Spring 2014

www.swordsmanship.ca

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Calgary, AB: 403 681 2529
Edmonton, AB: 780 966 6022
Madison, WI: 608 819-6697

Welcome! Each quarter (or there about...) the AES releases its newsletter. Here you will find information on the school, it's members, swordsmanship, weapons, Western Martial Arts, history and more! We welcome contributions, comments and letters from our readers, and look forward to your feedback and input in future editions.

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A look Ahead—Upcoming Events

Edmonton

- Spring Cutting Practice — May 3rd. Will be held at 6407-35 Ave in Edmonton, from 1-4 pm.
- Sunday Classes — Will resume in May on a drop-in basis only. Held at Pollard Meadows Elementary School, south side of the building, weather permitting.
- Rank testing— this spring, upon request

Nord Schlag—AES Open Martial Arts Tournament and Workshop

Stephen Fick is the founder of the Davenriche Martial Artes School (DEMAS), located in Santa Clara and Morgan Hill, California. Stephen began swordfighting in full armour for a tournament company in 1989. He currently teaches several forms of martial arts at his school, including 14-16 century Longsword, 16-17 century Rapier, 16th century side sword, as well as unarmed and dagger classes.

Stephen is currently working on a new project called International Medieval Tournament association (IMTA) that will bring armoured tournaments to the public. He assisted in judging the Edmonton tournament and conducted a three-hour workshop on Longsword.

A note from Johanus...

I do want to mention a huge "Thank you!" to our volunteers, especially Davyd Atwood who ran the entire pooling and scoring table. Ross Harty who volunteered his day to help Davyd and the AES on an as-needed basis; Donna Sherbert, who ran our canteen; our guest from the USA, Steaphen Fick, who helped judge; as well as out other judges, Mark, Chris A., and Martin. If there's anyone I missed, I apologize, it's simply because my memory isn't great.



Tournament Standings

Junior Sword & Buckler:

1st - Tyrone (KNighthaven)
2nd - Ben (The Forge)
3rd - Chad (The Forge)

Junior Knife:

1st - Jordan (Western Martial Arts Club, NAIT)
2nd - Ben - (The Forge)
3rd - Kyle (The AES, Edmonton)

Junior Longsword:

1st - Jason (MSP SHiner Faction)
2nd - Ben (The Forge)
3rd - Curtis (AES Edmonton)

Senior Sword & Buckler:

1st - Chris L. (The Forge)
2nd - Jason (MSP SHiner Faction)
3rd - Angus (AES Edmonton)

Senior Knife:

1st - Jason (MSP SHiner Faction)
2nd - Dave T. (AES Edmonton)
3rd - Chad (The Forge)

Senior Longsword:

1st - Gareth (The Forge)
2nd - Aaron (The AES, Edmonton)
3rd - Angus (The AES, Edmonton)

Junior Tournament Champion: Ben (The Forge) (Left)

Senior Tournament Champion: Jason (MSP Shiner Faction) (right)



Small Pointers – tips on being a better martial artist

Johanus Haidner, Provost/Senior Scholar

It is a common problem for beginning students and tired fighters to straighten their legs during practice or freeplay. A straight leg means that you will be slower and easier to unbalance. An exercise to try to make sure that your legs are bent is to walk towards a mirror with your knees bent. Watch yourself. If you see your head raising and bobbing up and down, then

you are likely straightening your legs during your movement. Always check your stance after each movement in exercises. Are the knees bent and are you in stance correctly? A straight leg can put you far off balance; it can weaken your strikes, and it can slow you down. Bent knees allow for quicker reaction, more freedom in your movement, and an increase in the power of your strikes. It also increases your options as far as what types of attacks or defences you can do.

Gerald's Weapon of Choice

Some of the most interesting weapons in the western martial tradition were developed in ancient Mediterranean cultures, where metallurgy was still crude, and weapon innovation was not as focused on creating longer hand to hand weapons as later medieval and Renaissance periods. When a weapon can only reasonably be forged to a certain length, shape, balance, and weight of a weapon were largely experimented with to make it more devastating to the bone and sinew of the human organism, and any article of armour to protect this organism. The khopsh, or sickle-sword, was a weapon developed to maximize lethality with limited weapon size. Forged by the ancient Canaanites using iron or bronze under the relatively limited smelting techniques of the time, the khopesh had a very distinct shape to generate lethal cutting power in a blade that was usually only around two feet long. Forged in a sickle-shape, with the outside

edge sharpened, the khopesh was capable of delivering brutal slashing wounds. The sickle-shape of the blade may have been influenced by the design of fighting axes, having a small, heavy, curved striking surface. The unsharpened edge of the blade was unusually thick, giving the blade more heft, and therefore more chopping force.

The Egyptians, enemies of the Canaanites, noted the blade's effectiveness, and adopted it in war under the guidance of Ramses II. As metallurgy improved and weapons could grow, the khopesh lost favour. It's design was likely still significant, as it likely was an influence to other Mediterranean blades such as the kopis, falx and rhomphaia, which perhaps led to influences on other short powerful blades, such as various falchions. —GS



An interesting possible trend in weapon development. Historically, weapons probably did not develop in such a linear way, but the above diagram shows a likely series of influences from older weapons to newer. From left to right: An axe, four khopesh swords, four kopis swords, a saex style blade, and two various falchions. *Image source: <http://www.myarmoury.com/talk/viewtopic.php?t=2729&start=0>*

Forearm, Wrist and Hand Grip Workout—Part One

By Samuel Scheideman

Forearm, wrist and grip strength is an area of body strength that is essential for many tasks and sports and yet commonly over looked.

While performing the moves in Western Martial Arts a large portion rely on decent grip and wrist strength, whether its hand to hand or with weapons. So here is a workout routine from the sport of Arm Wrestling, which is extremely precise and reliant on forearm strength and specific techniques.

Basic Arm-Wrestling workouts can directly strengthen our ability to apply and defend against many of the techniques in Western Martial Arts.

Make sure you do a really good stretch to your Fingers, Wrist and Forearm before and after the workouts. The stretches used in class on the hands and arms cover almost everything you need. I would make an effort to make sure your forearms and fingers are **very well** stretched.

Weight Workouts -Wrist Curls & Reverse

Use a Dumbbell, Kettle-Ball or a 5 Gallon pail full of something heavy like sand or water or even just a weight. With your arms by your side and palms facing forward curl the weight with your wrists. Then do with palms facing towards you and curl outwards. Then do both wrist curls with your forearms perpendicular to your body.



*Fun Fact: Some of the pros will do a wrist curl in excess of 350 pounds between both arms!



Using a Heavy Handed Dumbbell for Curl and Reverse



Hand Squeeze Use a Spring Gripper/ Hand Gripper or tension ball.

Do squeezes with your wrist strait like punching and with it curled in. Curled in you will have a lot less strength. Finger, wrist & forearm stretches should be done before and after.



Laying Lever Lift (Arm Twist & Reverse)

You can do this standing or sitting. Start with your elbows by your side or on your knee and forearms are horizontal. Palms up. Hold your lever perpendicular to your arm and twist your arm 180 degrees and return to your starting position. Reverse your grip on the lever and rotate.



Lever Lift

While standing hold a weighted stick like a Sledgehammer Or Pipe Wrench. With your arms down by your side palms in. Have the lever perpendicular to your arm/ body. Then pivot your wrist allowing the hammer to angle towards the floor the back up. Also do it with the hammer facing to your back with your palms towards your body.



Towel Pull Up

Take two towels and throw them over a chin up bar then perform chin ups while holding on to a towel in each hand instead of the bar. Have your palms facing each other and thumbs pointing up.

Equipment:

There are special weight bars for these exercise's but heavy sledgehammers, heavy pipe wrenches with long handles or even a long handled shovel will work if you have those laying around. Just tape the handle so you have something substantial to hold on to if needed, this mimics grasping someone's fist or arm or sword handle. That's where you need the grip strength; not in a tight fist

Below is a Heavy Handed Dumbbell. It allows you to work different angles with different amounts of weight more easily. Which is important you have to be strong from all angles. You'll notice mine is home made from scrap lying around the farm.



A Gripper (above, right) is also sometimes called StrongMan Grip or Hand Gripper. They come in different tensions ranging from a few pounds to hundreds of pounds of resistance. * Very few people in the world can close the strongest grippers

Below is a Hammer Bar This is an example of a make-shift hammer bar for doing lever lifts with various amounts of weights. Professional hammer bars have a nice sized handle to hold onto.



For Other Tools & Info Related To Arm Wrestling Check out these sites: <http://www.cawf.ca> <http://www.armwrestling-supersite.com> <http://en.armpower.net/>

WE NEED CONTRIBUTORS!

We are looking for articles, book reviews, artwork, and other contributions towards this newsletter. Submit to johanus@swordsmanship.ca.

Find a Chapter

You are invited to drop in and participate in your first class for free!

Find us on the web at www.swordsmanship.ca/ or visit our Facebook page.

EDMONTON , ALBERTA

Contact: Johanus Haidner, (780) 966-6022, johanus@swordsmanship.ca

Tuesday evenings from 19:00-21:30; classes are held in the gymnasium at St. George's Greek Orthodox Church, 10831 124 ST NW, Edmonton, Alberta.

Sunday afternoons from 14:00-16:00: unarmed, dagger and Messer classes. Classes are held outside (locations vary) and are currently suspended until the weather improves. Contact Johanus for specific details.

CALGARY, ALBERTA

Contact: Mark Winkelman, 403-992-4005, fretwork6@yahoo.com

Thursday evenings from 19:00-21:30; classes are held at Highland Park Community Centre, 3716 2 ST. NW, Calgary, Alberta,

Visit our website at: forgewma.com/

MADISON, WISCONSIN

Contact: Lance Steffen, 608-819-6697, pel@taifa.info

Wednesday evenings from 18:00-20:00; classes are held at Infinity Martial Arts, 8233 Forsythia ST, Middleton, WI.

