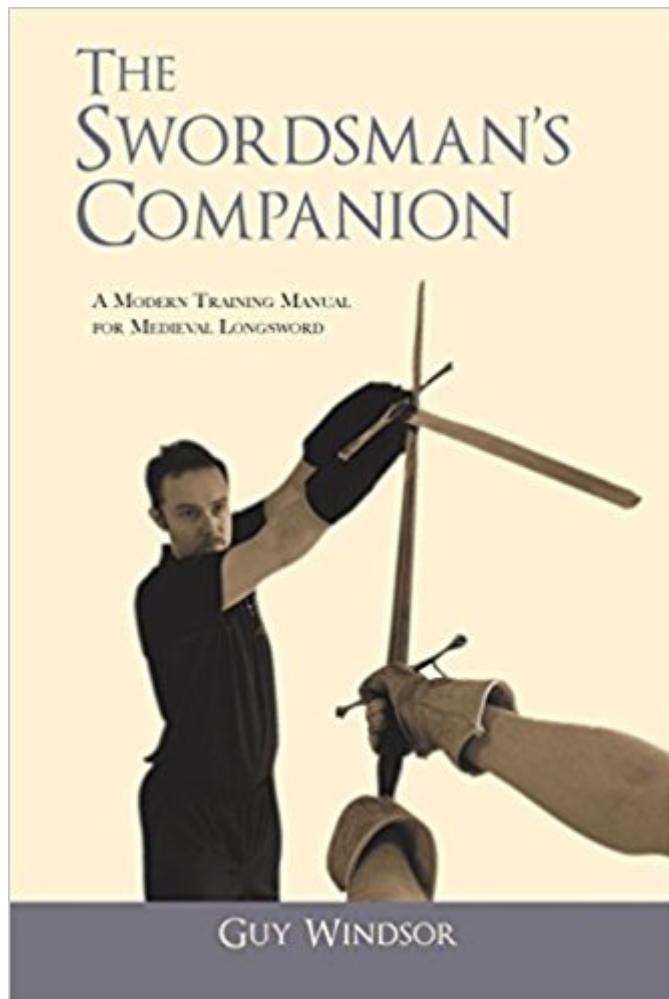


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# The Swordsman's Companion



## Synopsis

A complete beginner's guide to training in medieval Italian longsword. This book covers everything from choosing a sword, to warming up, to fencing. Full of set drills and clear descriptions, this book has been the standard work on the subject since it first came out in 2004. As a technical manual it has been largely superceded by The Medieval Longsword, which came out in 2014, but it is unsurpassed as a general guide to how and why you should train swordsmanship.

## Book Information

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## Customer Reviews

Born in Cambridge, England in 1973, Mr Windsor has studied many forms of European fencing. He has also studied Aikido, T'ai Chi Chuan, and Okinawan Kobudo. Together with Paul MacDonald he is a founder of the Dawn Duellists Society and is the founder and director of the Helsinki School of European Swordsmanship. --This text refers to an out of print or unavailable edition of this title.

As with most things, there is always a "but". This book's "but" is that the images are of poor quality in the Kindle version regardless of the viewing device as I have the Kindle app on my smartphone, tablet, and a desktop PC that is a 3-month old graphical design and gaming powerhouse rig. The images do not allow the reader to zoom in and visually interpret what the author is describing. Other than the issue regarding the images, the book is exactly what I was anticipating in an instruction manual for the novice swordsman with terminology, a foundation in its history, exercises, advice, and detailed instruction.

This book is a great reference that I find best paired with Guy Windsor's "Mastering the Arts of Arms Volume 2 - The Medieval Longsword". Where the aforementioned book goes into technical detail and presents technique and guides for learning the technical aspects of longsword, this book goes into the philosophy of training and how to train with different types of fencers. It also has some technical detail and more drills/technique, however this book really nicely breaks down some of the more metaphysical or mental aspects of learning and fighting with a Longsword. Highly recommend this book, especially paired with Guy Windsor's Longsword book. As with his book on longsword, I recommend this book to anyone who is just starting or anyone that has been practicing for a while or even instructing. Whether learning on your own or already a member of a club or learning community, this book contains invaluable information that goes a long way to improving your understanding and mastery of the longsword material.

I have been practicing the longsword for about two years (but in the German/Liechtenauer way), and I found this to be an enlightening book. Some of it directly applicable to my practice, and some maybe not - I'll have to read and train from the book a lot more before really knowing. It's also interesting to see how the Italians were doing things. A minor quibble, though: The pictures were way too small to be useful on my phone. Probably not a problem in the printed version or with a properly-sized screen, and maybe there's some way to enlarge the pictures that I haven't found.

Top notch book. Good review of history, terminology and basic techniques. The training sections of the book are very good, starting with explanations and exercises of basic body mechanics, balance, stances and footwork, continuing on to guards, attacks and pair drills. It is very comprehensive, breaking down the different parts of the gross motor skills needed into well thought out packets. Also includes a section of amendments and corrections based on the author's progress since the book was first published.

It was a very interesting book. It discusses a great deal about sword fighting theory. Also it introduces one to common terms and some simple techniques. You will not learn to sword fight with this book. Yet it will certainly point you in the right direction for learning. It's a good place to start, most especially if you are new to martial arts of any kind or swordsmanship.

Guy Windsor has outdone himself with this book. For the absolute beginner looking to get into historical fencing, this book is a lifesaver. Guy assumes that the reader has no prior knowledge, and

guides you step by step through every aspect of fencing. My favorite part of this book is not even the lessons and drills; it is the introduction and first few chapters that talk about the history of fencing, and what reason there is to fence in the modern age. This book is not only full of period accurate and well researched techniques, but is full of little life lessons that make it a thought provoking and fun read. His personality brings life to the diagrams and instruction, making it an easier read since it feels like you are being taught by a person, not just reading directions. Even to the advanced swordsman, this book will remain an invaluable tool for reviewing your all important fundamentals. If you are looking to learn longsword, this is the place to start.

If you want to learn, progress or perfect your fencing skills, this book is absolutely essential.

His other two volumes are organized a little better, but I found this book no less useful than the subsequent volumes he wrote.

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