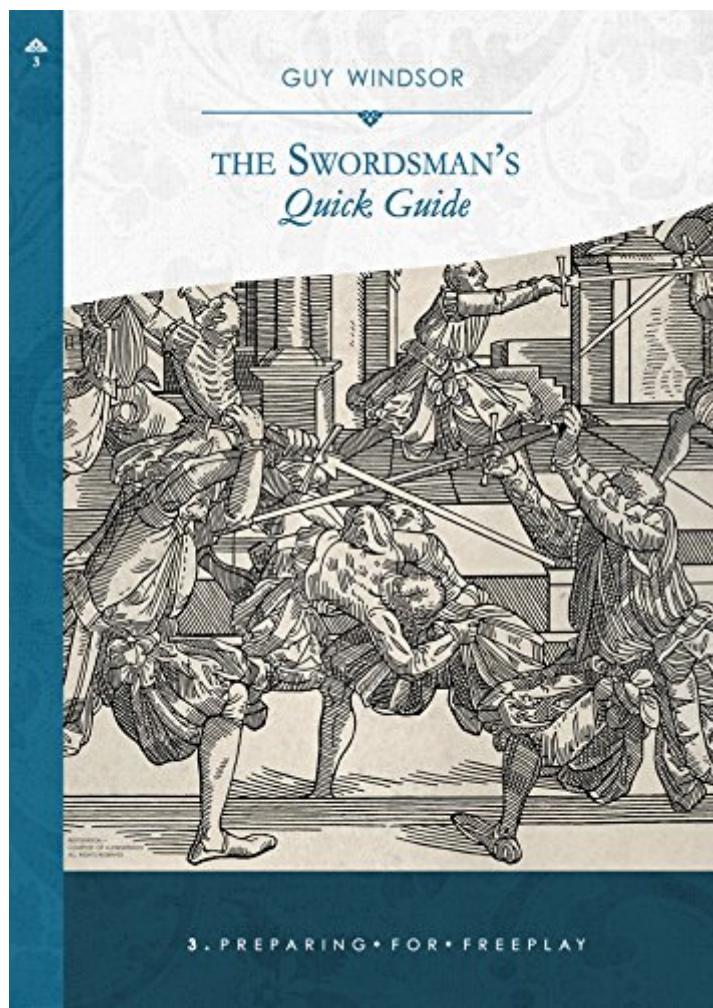


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Preparing For Freeplay (The Swordsman's Quick Guide Book 3)



Synopsis

Guy Windsor has been training historical fencers for over twenty years. For many swordsmen and swordswomen, expert freeplay (also called sparring or fencing) is the pinnacle of the art; both desirable and hard to attain. In this book he describes the step-by-step process he uses to take students from absolute beginner to expert fencer. This system can be applied to any style of fencing, because it is not about the specifics of technique. It is about the process of developing skill. It includes instruction on:

- Overcoming personal challenges, such as fear of injury, or fear of embarrassment
- Overcoming practical challenges, like developing fencing memory
- Building the bridge between set drill and competitive freeplay, through gradually increasing the complexity of the drill.
- Setting up different freeplay contexts to develop key skills.

Guy Windsor is a professional researcher and teacher of historical European swordsmanship, and the author of several top-selling books on the subject, including *The Swordsman's Companion*, *The Medieval Longsword*, and *The Duellist's Companion*.

Book Information

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Customer Reviews

Of the various "Swordsman's Quick Guide" books, this one actually provides enough value for the (admittedly low) price to be worth buying. While the others are easily replaced with an internet search, this one does include some depth of information and advice.

Great product and seller

On this installment: The really interesting thing about this part of the series is its applications for newbies starting a club, or experienced practitioners expanding their weapons base. When we've been practicing a weapon for a while, it's easy to forget the progression to safe freeplay. For the most part, we have enough control to continue with new weapons, but if you're in a situation where you're starting a study group for a dramatically different weapon or style and want newer people to be safe, it's important to be mindful about the progression described here. Unfortunately, some of the drills in this installment are hard to follow when reading them, but if you just take the time to apply it in a practical situation, it makes sense. I'm not sure I completely agree with the section about fear of injury. I do in part, but people often have degrees of weakness and differing susceptibility to injury. Still, as a general idea, this is good stuff. I would have liked to see a section specifically about training partners. For the first time, I find myself in a position where I have one really serious training partner and we are both struggling to stay motivated and grow. Many new clubs struggle with getting regular members and a section on making things both interesting and beneficial to two serious training partners would have been really useful. But then again, maybe that's its own booklet... On the series: This series of booklets is great for newbies to HEMA. It gives you a great place to start and focus your efforts in the beginning. The concepts are pretty general, but they are intended to be. Make no mistake, there are some valuable tidbits for experienced HEMA practitioners... well worth the cost of the booklet, but don't expect a revelation in your practice.

This review is for "The Swordsman's Quick Guide Series" recently published by the esteemed swordsman, Guy Windsor. I have been an admirer of Guy Windsor's scholarly and practical achievements in Historical European Martial Arts (HEMA) for over a decade. In the early 2000s I was the Study Group Leader for ARMA DC and we used his book "The Swordsman's Companion" as one of our two main study guides to train with the Longsword. His interpretations and advice are first class. Over that decade Guy has continued to study, train, teach, and publish new books. This latest series of short books each cover

important aspects of HEMA.1) The Seven Principles of Mastery2) Choosing a Sword3) Preparing for FreeplayThere are only a handful of truly practical books on HEMA, Guy Windsor's are among the best.I highly recommend that you add each of these volumes to your HEMA training library.

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