

EMMAA – European Medieval Martial Arts Academy

EMMAA is a multi-focused academy whose goal is to provide people with information and ideas on medieval physical culture. We have a strong belief in a single medieval martial art that while taught differently by many masters, uses a series of techniques drawn from the same pool of knowledge, developed centuries ago.



Martial Intent, meaning to train in a safe environment, yet as close to the real thing with unwavering focus and determination, is the back bone of our activities. Our plan on providing foundation concepts to assist in increasing the level of Martial Intent in your current studies will be more of a guide than a hard and fast rule on how to train. We understand, that just like our historical teachers, there are many ways to train.

Information

Our syllabus is a structured lesson plan that consists of physical conditioning, armed and unarmed techniques and drills. We use documented techniques from the manuscripts of the 14th and 15th centuries and where possible cross references all core techniques. Each lesson examines the first 4/5 reactions and skills needed at the start of any medieval fight (wrestling, dagger, sword, armoured sword and pole arm). Slowly we break down the technique into its individual components and drill the movements in isolation so that once we understand the mechanics, we can then execute with skilled force and speed.

Training



Our training has 3 core parts.

- 1) Basic core conditioning (ran By Stuart McDonald of Core life Concepts)
- 2) Incorporated medieval bodyweight and assisted bodyweight exercises from 15th century art and manuscripts assist making our combatants fitter, stronger, and better practitioner of European Medieval Martial Arts.
- 3) A Training program developed for armoured combat and taken from the writing of many of the masters: Liechtenauer, Fiore dei Liberi, Hanko Dobringer, Sigmund Ringeck, Filippo Vadi and Hans Talhofer just to name a few.

Combat

All training drills and techniques are taken from, or based on medieval manuscripts. The techniques involve wrestling, dagger, sword and pole arm, in and out of armour. All non-drill 'synthetic weapon' unarmoured combat requires head/neck, groin and or hand protection.

All armoured combat requires a minimum level of armour, helm, and gauntlets. Weapon target locations are all areas other than trusting to the neck, spine, face and groin.

EMMAA – Academy and Instructors



Instructors

(VIC)Kit Houston is the owners of EMMAA and founder of the EMMAA Medieval training Syllabus.

Starting in 2001, Kit has trained hundreds of students in European sword and Western Martial Arts – wrestling, dagger, sword, sword and shield, long sword, lance, pole axe.

Kit is currently running workshops along the east coast to introduce the EMMAA Medieval Training Syllabus. The aim of these workshops is to give ideas on how to move sword fighting to more of a Medieval European Martial Art

Kit is also the owner of Historic Events, a medieval events company that organises hundreds of entertainers, entertaining thousands of people with medieval festivals, shows and events. Historic Events has also brought international leaders in the field of Historical European Martial Arts to Australia for national tours and events.

Kit has studied Zen do Kai and is currently studying MMA, Wrestling, Brazilian Ju-Jitsu, Kickboxing and Boxing at Invictus Gym in Melbourne.

(VIC)Stuart McDonald is EMMAA's principal instructor of German long sword and fitness and well being. Commencing in 2003, Stuart has trained students in German long sword and unarmed medieval martial arts. Stuart owns and runs Core Life Concepts - Movement and Pilates Studio and is qualified in many areas;

Workplace Level 2 First Aid (up to date)

Workplace OHS Work cover accredited course (Systec P/L)

Cert IV in Fitness (Personal Training)

Cert IV in Training & Assessing

Basic Coaches Course Level 1 (Community Coach) with Australian Sports Commission

Bachelor Applied Science Human Biology, majoring in Anatomy & Physiology

Psychology Degree (affixed to the Human Biology degree), including Sport Psychology

Stretch Teacher training (Kit Laughlin & Associates)

Innovations in Pilate's teacher (Anthony Lett - Fitzroy Pilates Studio)

Performance Enhancement Specialist - National Academy of Sports Medicine, USA

Studying Masters of Exercise Science (Rehabilitation) to become an Accredited Exercise Physiologist

Martial Arts background: Studying since 1988, Wado-Ryu Karate (primary school of Asian), Tai Chi Chuan, Mixed training with other martial artists over the years and Western Martial Arts since 2003

EMMAA – Academy and Instructors

(QLD)Justin Webb

Justin has been involved in the study of martial arts for over 26 years and has been trained in a number of disciplines including:

- Tae kwon do (5 years -Black Belt),
- Modern Arnis (9 years)
- Shaolin Kung Fu (4 years)
- Freestyle Kick Boxing(6 years) (4 fights at Amateur level)
- Koshiki Tournaments (National, State and Regional titles)
- Aikido (3 years)
- Body Building
- Crowd Controller/Body Guard (14 years)
- Western Swordsmanship – Re-enactment Combat (11 Years)
- Traditional Long Bow Archery (11 years)
- Western Martial Arts –wrestling, dagger, sword, sword and shield, long sword, lance, pole axe, mounted combat arts (7 years), teaching Western Martial Arts for the last three years.



Justin has taught and spoken at events on international levels in the United Kingdom as well as in Australia. He speaks regularly on the martial culture and history of Western Martial Arts, specifically the Middle Ages at the Abbey Museum of Art and Archaeology where he is contracted as a Historic Interpreter. He has fought in re-enactment tournament for over 11 years and has also fought in exhibition fights in full harness at many venues for many occasions including, private, public and civic functions or events. Never content with “enough”, Justin is always seeking new knowledge and new interpretations of his art and education. Medieval martial arts are his passion and he is dedicated to not just improving in himself but sharing his knowledge and learning with others. Justin has gained renown on an international level for his activities and performances.

(QLD)Luke Binks

Luke Binks is the owner and Master Armourer of Red Hart Reproductions, the Southern hemispheres top reproduction armoury. Luke has been working professionally as an armourer since 2001 and has been a competitor in medieval tournament combat since 1999, competing in, Australia, New Zealand, USA, England, Holland, Norway, Sweden, Belgium, Germany, Switzerland and France. Luke has been studying and teaching Western martial arts both on foot and mounted on horse since 2002 including in several of the countries listed above. Luke has accrued a wealth of experience and a bank of knowledge seldom found on this topic, and has been hailed as one of the top in his field.

