

European Medieval Martial Arts Academy

Syllabus 2011

This syllabus follows the modern teaching basics of Christopher Shen of Team Takedown and incorporates medieval martial arts into a modern training structure. Where possible, content has been taken purely from 14th and 15th century sources including text, art and manuscripts. Where not possible, the works of national and international consultants of historical and modern combative sports have been used as a basis. This is what we consider a complete training guide to the first few actions and reaction of medieval combat. This is not a breakdown of every medieval technique, but the included concepts could assist in that project.

The fitness information has been extrapolated using the simplest of training tools and checked for correctness by Stuart McDonald of Core life Concepts

The striking component is simple and generic allowing any style to be used in within out modern frame work.

The wrestling structure has been heavily influenced by Christopher Shen from Team Takedown.

The historical inspiration, concepts, and ideas are taken from master Fiore as recreated by Bob Charron v.2009.

Bob Charron, St Martins Academy- <http://www.stmartinsacademy.com/>

Christopher Shen, Team Takedown <http://www.teamtakedown.com.au/>

Stuart McDonald, Core Life concepts <http://www.clconcepts.com.au/>

Medieval Fitness and Exercise

While not much information has survived on late medieval physical culture we can assume that the majority of the 'well off' population were in better shape than most of us now. Living an active life (festivals, tournaments, walking, running, no computers and manual labour) and good eating (seasonal food, limited sugar and NO chemicals), wrapped in a religious doctrine of restrictions and fasting, would have created a fit, well rounded person. The only things holding medieval man back was advancements in medicine.

This paper will be focusing on three things during the research into medieval fitness exercises that we feel are important.

- **Core strength and stability**- Strong core muscles stabilize the spine, pelvis and shoulder girdle and create a solid base of support.
- **Grip Strength**- An iron grip for wrestling, throws and weapon control.
- **Compound Exercises** - Use as many muscles as possible during each exercise

The next few pages go over ideas on how to train in a medieval way. Always seek advice before trying and/or training in any of the activities, we are not responsible for the outcome of any activities you perform with our information.

The exercises are extracted from a small amount of text and five training images of the 15th century. You can clearly see recognisable activities, wrestling, gymnastics, weapon training and compound bodyweight and weighted exercises. The unclear part is identifying the exercises and training in them correctly. Most of these exercises are the tried and true basics to body weight training that you can do with limited equipment, space and time.

Compound Body weight and Compound Weighted exercises have been used for centuries to train fighters. The wrestlers of the 17th, 18th and 19th century write in many of the books that the human body with simple weights is all you need to achieve the perfect physic.

Martin 'Farmer' Burns, a world famous catch wrestler that's said to have lost only 6 of his 6000 matches attributes his physique to hard manual labour, simple breathing and body weight exercises.

So, how should you train?

As an over view, slow and steady with focus will win out in the end. Don't over work your body and expect change to have instantly. In everything you do remember a combination of core, flexibility, endurance and strength will give you the best results.

The Core exercises should be done slowly and smoothly for a minimum of 10 times per side or held for 6, slow deep breaths. One set of the five exercises should be fine and will take you less than 20 minutes. These should assist in reversing problems caused by our modern lives, increase flexibility and strengthen your core. Noticeable improvements should be seen if you do them three times a week.

The Flexibility set should cover all major muscle groups and be done before any major exercise but after a warm-up. Slow, smooth, controlled stretches should be held for 6 beep breaths. Time taken with this will prepare the muscles for the workout and reduce the risk of injuries.

The Endurance exercises are a mix of strength, flexibility and core that you can increase as you improve. An example program for someone just starting out could be 3 sets of 10 repetitions of Hindu push-ups, Hindu squats, Mountain climbers and sprawls followed by 5 minutes of rolls. You could do the program 3 times a week and increase the repetition by 1-5 as you improve.

Strength Exercises will do just that, increase your strength. Help create an iron grip, strong spine and core, strong legs, shoulders and arms.

General Wrestling - 4 x 3-5 minute rounds



Wrestling is an all over body workout .You can wrestle for fun, fitness, to some basic rules or with full contact sparring.

- 1) Wrestle until your tired
- 2) Wrestle until one person lands on their back
- 3) Wrestle until someone submits.

Compliant wrestling - 4x 3-5 minute rounds



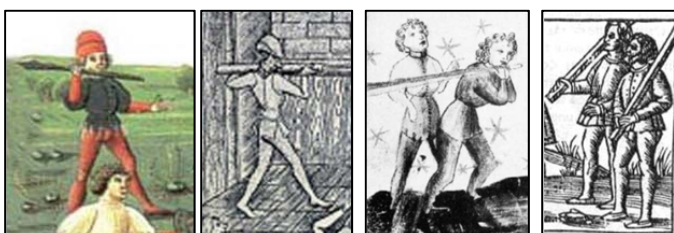
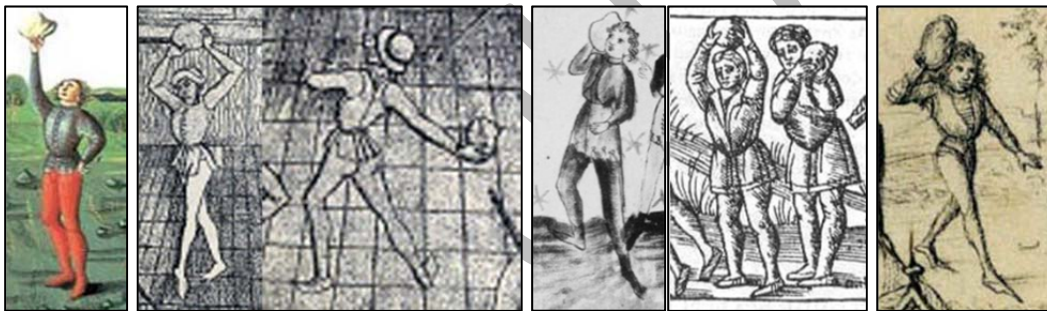
Done the same as above but each person takes it in turns being compliant. A compliant wrestler allows the other to perform throws and binds with minimal resistance.

- 1) As above but one should allow the other to execute the technique.

Wrestling drills – 3 x 2 minutes sets, of each activity

While there are hundreds of drills and exercises for wrestling in books and on the internet we plan on keeping it simple. All of these give you a good workout, get your heart rate up and running and can be directly used in medieval studies.

1. Pummelling, Fast, slow, hard and change leg
2. Body resistance, push, pull partner exercises
3. Sumo's
4. Shucking
5. Arm Drag
6. Collar tie resistance drill
7. Double collar tie drill
8. Fireman's carry
9. Throws and Submissions

Gymnastics, Core, Body Weight and Weight Training

Core (Body Weight)

Quads and Hip Flexor Stretch
 Groove Hip Flexion Extension
 Supine Hip Bridge
 Lung
 Superman
 Piriformis stretch
 Somersaults
 Rolls
 Brake falls

Flexibility (Body Weight)

Calves
 Hamstrings
 Quads
 Hip flexors
 Torso
 Cross
 Biceps, triceps

Endurance (Body Weight)

Hindu Push-ups
 Hindu Squats
 Mountain climbers
 Forward rolls
 Judo rolls
 Back rolls
 Bridge
 Sprawls

Strength**Kettle bells (Rocks)**

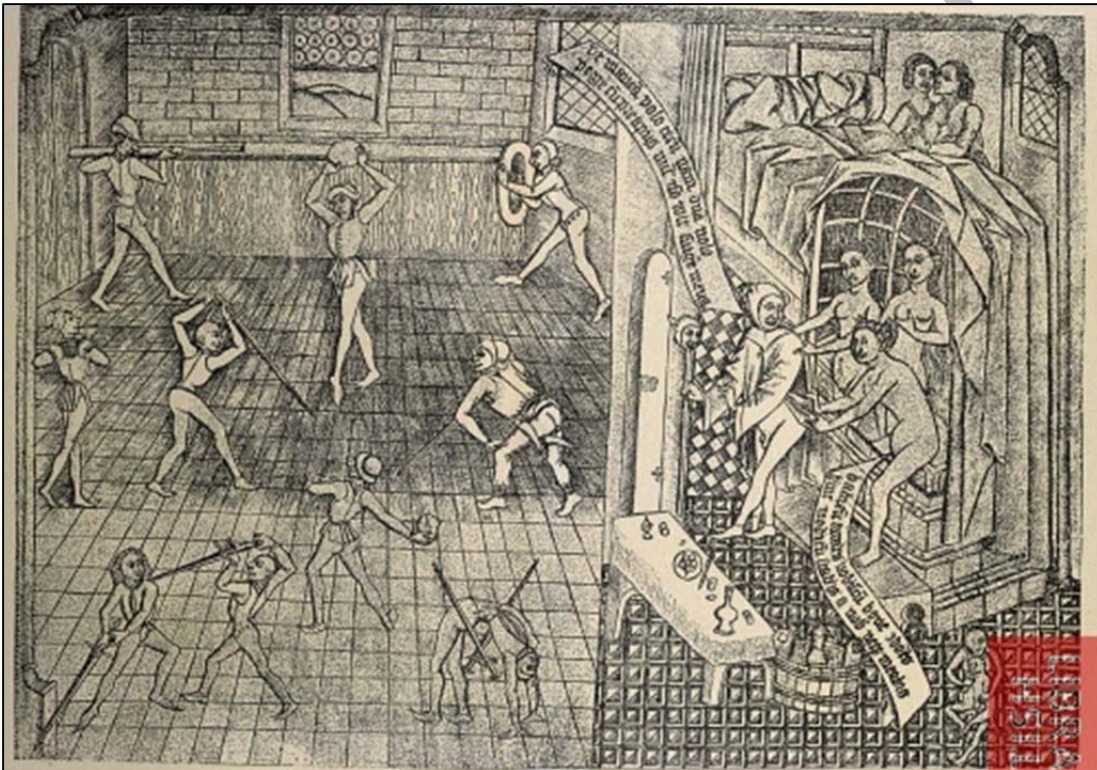
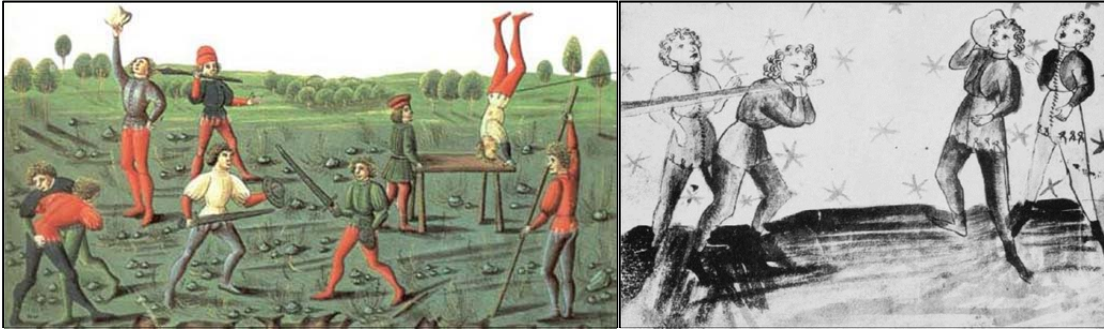
The Swing
 The Get Up
 The Squat
 The Clean and Press
 Snatch

Heavy Mace (Clubs)

360's
 10 to 2
 Curls
 Curl Rises
 Back Curls
 Rows and Hammers
 Bent over rows
 Weighted Hand Swap
 Catch and Throw
 Lunge
 Getups
 Swing

Sandbag (Mail Shirt)

Dead lifts
 Throws
 Curls
 Getups
 Swings



Lesson One –Wrestling and Inside Dagger

Warm up – 15 minutes

- Basic warm up –ankle, knees, hips, waist, shoulders, elbows,
- Basic stretching - calf, hamstring, hips, torso, bicep/triceps and neck

Wrestling Drills - 20 Minutes

- Pummelling
- Collar and bicep tie
- Sumo

Wrestling Technique – 30 minutes

- Somersaults/Rolls and break falls
- Back entry drill
- Major Outer Reap
- Takedown counters

Armoured Dagger - 40 minutes

- Guard Attack and Cross Defence drill
- Inside techniques

Warm down – 15 minutes

- Basic warm down – Full body.

Lesson Two – Striking and Outside Dagger

Warm up – 15 minutes

- Basic warm up – ankle, knees, hips, waist, shoulders, elbows,
- Basic stretching - calf, hamstring, hips, torso, bicep/triceps and neck

Hand to Hand Drills – 20 Minutes

- Striking Work
- Defensive Drills

Wrestling Technique – 30 minutes

- The German three wrestling's or Fiore - Play 1, 2 and 3
- Back entry drill
- Major Hip Throw
- Takedown counters

Armoured Dagger - 40 minutes

- Guard Attack and Cross Defence drill
- Outside techniques

Warm down – 15 minutes

- Basic warm down – Full body.

Lesson Three – Wrestling and Dagger VS Dagger

Warm up – 15 minutes

- Basic warm up – ankle, knees, hips, waist, shoulders, elbows,
- Basic stretching - calf, hamstring, hips, torso, bicep/triceps and neck

Wrestling Drills - 20 Minutes

- Shucking
- Arm Drag
- Bear Hug

Wrestling Technique – 30 minutes

- Somersaults/Rolls and break falls
- Back entry drill
- Shoulder Throw
- Takedown counters

Armoured Dagger 40 minutes

- Guard Attack and Cross Defence drill (with Dagger)
- Dagger VS Dagger Techniques

Warm down – 15 minutes

- Basic warm down – Full body.

Lesson Four –Wrestling and Unarmoured sword

Warm up – 15 minutes

- Basic warm up –ankle, knees, hips, waist, shoulders, elbows,
- Basic stretching - calf, hamstring, hips, torso, bicep/triceps and neck

Wrestling Drills - 20 Minutes

- Pummelling
- The German three wrestling's or Fiore - Play 1, 2 and 3
- Somersaults/Rolls and break falls

Striking and Thrust drills - 20 Minutes

- Strike from High, low and back
- Thrust from High, low, forward and back
- Defend strike with strike High, low forward and back
- Defend thrust with strike High, low forward and back

Unarmoured sword Drills - 20 Minutes

- Drill Short edge- Both sides
- Drill Twitch – Both sides
- Drill Traverse from Ox/Fenestra
- Drill Faint to half sword

Unarmoured sword techniques - 40 Minutes

- Long Strike / high thrust right-side - Weak
- Long Strike / high thrust right-side - strong
- Middle Strike / high thrust Right-side –Weak
- Middle Strike / high thrust Right-side –Strong
- Middle Strike / high thrust right side - Slide up with cross guard
- Middle Thrust –
- Close Strike / high thrust right side – strong give and move through

Warm down – 15 minutes

- Basic warm down – Full body.

Lesson Five –Striking and Armoured Sword

Warm up – 15 minutes

- Basic warm up –ankle, knees, hips, waist, shoulders, elbows,
- Basic stretching - calf, hamstring, hips, torso, bicep/triceps and neck

Hand to Hand Drills – 20 Minutes

- Striking Work
- Defensive Drills

Wrestling Technique – 30 minutes

- Somersaults/Rolls and break falls
- Back entry drill
- Neck Throw

Armoured Sword – 50 minutes

- Striking\Thrusting and Displacement drill
- Elbow push Drill
- Arm Lock Drill

Warm down – 15 minutes

- Basic warm down – Full body.

Lesson Six –Wrestling and Pole Arm

Warm up – 15 minutes

- Basic warm up –ankle, knees, hips, waist, shoulders, elbows,
- Basic stretching - calf, hamstring, hips, torso, bicep/triceps and neck

Wrestling Drills - 20 Minutes

- Bear Hug
- Shoulder strike weighted pull drill

Wrestling Technique – 30 minutes

- Somersaults/Rolls and break falls
- Fireman’s Carry throw
- Circle Throw

Armoured Pole Arm Drill – 20 minutes

- Striking\Thrusting and Displacement drill – Half Sword
- Striking\Thrusting and Displacement drill – Catch, roll and thrust
- Striking\Thrusting and Displacement drill – Catch, roll, lock and throw.

Armoured Pole Arm Techniques - 40 Minutes

- Striking\Thrusting and Displacement drill - Ground

Warm down – 15 minutes Basic warm down – Full body.