

## Editorial

*By Lars Lind*

*Master & Chief Instructor of Weapons Combat Systems™*



Summer also means Summercamp – a tradition we have kept for many years. Also this year I hope that as many as possible will attend.

I hope all participants will find that this year we have put together a program even more exiting than last year – so hurry up and register for summercamp.

5 hours of Weapons Combat for four days for only DKK1000.

For those not able to make summercamp in WT Center – you have the Finnish summercamp in Kruusila Friday, July 22 at 5:00pm - July 24 at 1:00pm (if interested contact WTF directly or me).

Take care  
Master Lars

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## Weapons Combat Escrima – Seminar weekend In Lappeenranta May 15-16<sup>th</sup>

By Master Lars Lind, Chief Instructor Weapons Combat Systems

The seminars in Lappeenranta were a traditional grading seminar and a seminar on empty hand possibilities against an armed opponent.



Participants Saturday



Participants Sunday



Blade training for higher student grades

Among those who passed tests were Maria Broederbauer for 10 SG and Tina Paju for 9 SG and Sifu Antti Ijäs for the 11 SG.

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## Weapons Combat Escrima – Grading seminar in WT Center May 29<sup>th</sup>

### Taking my 12th degree

*By Henrik Granly, Assistant Instructor Weapons Combat Escrima, 12<sup>th</sup> SG*

8 years and 8 month ealier I took my first degree!

After the seminar I looked at my graduate certificates and noticed that, of the different boxes (single stick, double stick, blades, staff) we learn in WCS, I sent most time completing (learning) double sticks!

The seminar began with an unusual announcement from Senior Instructor Lange, saying that all participants just by being present was graduated, so they could now please relax and concentrate on doing some good training and learning.

The class was divided in 2, one for advanced and one for rest. I was in the advanced group and most of the excercises we did was rather simple in technique-wise and not much power in contact, but with a lot of focus on how to control and move our body, especially foot-work.

I think learning to connect upper and lower body and learning to move from point to point instead of being more still is very useful, since you learn to generate power in more ways and being able to move fluent gives you better opportunity to find your opponents weak points (lock and block).

The ones graduating and shifting box (from single stick to double stick) had to put on gear and fight, some for the first time. It's really good training and a good way to learn that things change under stress and also how you react. It looked like they had a good time, and maybe we should bring it more into classes, who knows!

Well everybody graduated and it has been long since I have seen so many participate in a WCS seminar, and think we were close to twenty.

All in all a very good seminar with many participants!

## **Being a Finn in a Danish Escrima-seminar**

*By Kirsi Ehrnrooth, 12 SG WT, 3 SG WCE*

I love Denmark, especially Copenhagen; it is my other home :-)

Still I was excited, because it was in Senior Instructor Lange's Escrima-seminar. I have never been in Lange's seminars. I have done Escrima many years, but because I am WingTsun-instructor, I don't have so much time to concentrate to Escrima.

So I went to the seminar and I was little bit late, of course :-)

I saw Lange, tallest and most tattooed guy who I know, but still the best person ever:-) I am on 3th grade in Escrima and I was the only women there. Well, I don't mind I have used to training with only guys.

I was training with Niki, who was taking his 4th grade. I thought that I am not ready to take the 4<sup>th</sup> grade, because I have been training so little.

So double sticks it was. YESSS!! I have done very little double sticks, because they come first to 4<sup>th</sup> grade. But I think I was surprisingly good, in my own opinion :-) I did also spliting, which I liked the most.

Two up one down was quite nasty, but I got there, when Lange helped me and said: "Kirsi, think it like this head, head, knee and I did) Then I succeeded better with un-armed stuff, I was on fire, but my WingTsun showed its face, so Lange came to say to me that:" Hey Kirsi, I thought this was Escrima training:-) I felt so embarrassed, but then I found my hooks :-) And I got my steps, no WingTsun steps anymore, hurray Kirsi :-)))))

I was sweating like a pig, but so were the other ones and also my opponent Niki. I thought, good training, I am sweating and my arms sing hallelujaa!

I took some nice photos and videos from training and fights for the 3<sup>rd</sup> grade.

It was time for graduations and students got they certificates. Hurray and tack för training :-)

My hunger for Escrima grew a lot. I wish I would have time to do it more!

Thank you Lange, thank you Niki and thank you Rolf, my private teacher, you made my day :-) I wish I see you all soon.

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## **Weapons Combat Escrima in Haderslev, Denmark 28/5 – 2011 Seminar with Kenneth Kyhe on Balance, Distance and Power**

*By Patrick Hoth, 3<sup>rd</sup> SG WCE*

6 people were attending the seminar. We started with a drill where we were standing with our eyes closed and the training partner would walk around and push from random ankles. We would turn around and regain balance as quick as possible. After a few times practicing Kristian added attacking from our position. And to make the situation more intense the partner would attack too.

The next drills included sticks and distance. Practicing hitting the opponent before attacking with side steps getting out of reach from a possible second attack. Later on we practiced some power drills and control of our own power meaning we would be taught how important it is to move in a C when striking. So no matter what the power in our attack will not be wasted and the striking arm would come back in position immediately ready for the next attack. Also we practiced dropping our body for low blows to maintain power and keep our weapon close by. While attacks from above the hip area would be countered by the power our hip movement would produce. The last drill was explosion of the power leg and hit our target as quick as possible.

Overall this was a very good seminar with a lot of aspects which some of us did not know about. We learned a lot from Kenneth. It was a very exciting and interesting seminar.



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## Weapons Combat classes taught in Summercamp 2011

### Thursday July 7th

10.00 – 12.00

#### Weapons Combat Escrima

*Training in both student and technician programs of Weapons Combat Escrima.*

*Relevant for student as well as for instructor*

*Here the grading will be done – all summercamp participants that want to be tested for a grade have to attend at least on of these sessions!*

Teachers: Master Lars Lind

13.00 – 14.00

#### The roots of Weapons Combat Escrima

*A look into the systems that has gone before Weapons Combat Escrima and how much influence they have had on the development and the system as it stands today.*

Teacher: Master Lars Lind

14.00 – 15.00

#### The (NEW) Box – revisited

*The fist three grades of Weapons Combat Escrima has the subtitle "Box system"*

*Do we still have a box or is it something else?*

Teacher: Master Lars Lind

15.00 – 16.00

#### Messer

*A Großes Messer or Gross Messer ("great knife", also called Hiebmesser "cutting knife") was a type of German single-edged one handed sword similar to a falchion that was used during the 14th, 15th and 16th centuries.*

*This session would be good for all Escrima students as it has many similarities with machete.*

Teacher: Senior Instructor Bengt Abrahamsson (Chapter Master KDF)

### Friday July 8th

10.00 – 12.00

#### Emty hands agains weapons – myth or reality

*The seminar will go through the dangers involved in fighting against an assailant armed with a weapon (blunt or sharp) and we will cover defence possibilities – myths or reality, both from a Weapons Combat Escrima and WingTsun point of view.*

Teacher: Master Lars Lind

13.00 – 14.00

#### Staff and half pike (WingTsun long pole) sparring

*We go into the use in sparing of these long weapons.*

*Both Historical, Escrima and WingTsun aspects and techniques will be part of this session (this sessions is the same as under historical).*

*Because of the size of the weapons, this session will, unless we get studio 1, be limited to between 10 to 12 students!*

Teacher: Master Lars Lind

**14.00 – 15.00**

## **Power**

*How do I generate power and how do I controll it?*

*A travel into the concept "Power"*

Teacher: Assistant Instructor Rolf Warming (test for 1<sup>st</sup> TG)

**15.00 – 17.00**

## **Medieval dagger**

*We explore the old techniques from the german school of fencing of the medieval dagger.*

Teacher: Chapter Master KDF, Konrad Kessler, Germany

## **Saturday July 9th**

**10.00 – 12.00**

## **Weapons Combat Escrima**

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Teacher: Head Instuctor Kenneth Kyhe

**13.00 – 14.00**

## **Balance**

*Nothing works without balance!*

*We will through exicesises prove this point and improve the participants balance.*

*All practitioners of fighting can learn from this seminar!*

Teacher: Head Instuctor Kenneth Kyhe

**14.00 – 15.00**

## **Speed (timing & Distance)**

*Useful speed does not stem primarily from how fast one can move one's limbs, but from how precisely one can sense the proper time to initiate an action and how accurately one can judge the distance the action must cover. Relatively slow, economical movements executed with perfect timing and distancing will defeat extremely fast, wide movements executed at the wrong time and at the wrong distance.*

*Again a seminar for all marial artists!*

Teacher: TBA

**15.00 – 17.00**

## **Longsword**

*The **Longsword** is a type of European sword used during the late medieval period, approximately 1350 to 1550 (with early and late use reaching into the 13th and 17th centuries).*

*We look into how it was used acording to the German tradition.*

Teacher: Chapter Master KDF, Konrad Kessler, Germany

**Sunday July 10th**  
10.00 – 12.00

**Weapons Combat Escrima**

*Training in both student and technician programs of Weapons Combat Escrima.*

*Relevant for student as well as for instructor*

*Here the grading will be done – all summercamp participants that want to be tested for a grade have to attend at least on of these sessions!*

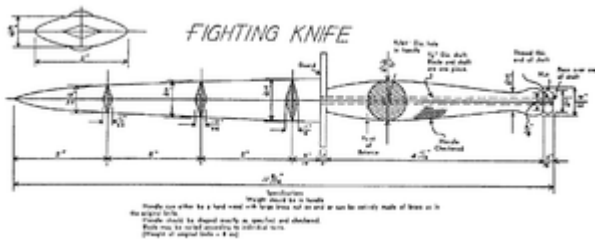
*Teachers: Master Lars Lind, Head Instructor Kenneth Kyhe, Senior Instructor Peter 'Lange' Tønder and others*

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## Weapons Combat System – Famous knives – Fairbairn-Sykes Fighting Knife

*From Wikipedia, the free encyclopedia*



*F-S Fighting Knife diagram from FMFRP 12-80, Kill or Get Killed, by Rex Applegate, who worked with Fairbairn.*



*F-S Fighting Knife. The ring grip and lack of ricasso mark this as a third pattern knife.*

The **Fairbairn-Sykes Fighting Knife** is a double-edged knife with a foil grip developed by William Ewart Fairbairn and Eric Anthony Sykes in Shanghai before World War II, but made famous during the War when issued to British Commandos, including the SAS. The F-S Fighting knife often is compared to a stiletto; the comparison is misleading, as the stiletto is for stabbing and has a longer, narrower (often triangular) blade that typically features no sharpened edge at all. The Wilkinson Sword Company made the knife with minor pommel and grip design variations; currently, the F-S Fighting Knife is of interest mainly to collectors. Because of its sleek lines and its commando association, the OSS, the Marine Raiders, et al., it remains in production to date. The knife is so symbolic of British commandos that a solid gold F-S Fighting Knife is part of the commandos' memorial at Westminster Abbey. The knife features in the insignia of the British Royal Marines, Dutch Commando Corps, founded in the UK during WWII, the Australian 2nd Commando Regiment, and the United States Army Rangers.

The first batch of fifty F-S Fighting Knives were produced in January 1941 by Wilkinson Sword Ltd after Fairbairn and Sykes had traveled down to their factory from the Special Training Centre at Lochailort in November 1940 to discuss their ideas for a fighting knife.<sup>[1]</sup>

### Design

The F-S Fighting Knife was designed exclusively for surprise attack and fighting, with a slender blade that can easily penetrate a ribcage. The vase handle grants precise grip, and the double-edged blade is integral to its design. Fairbairn's rationale is in his book *Get Tough!* (1942).

In close-quarters fighting there is no more deadly weapon than the knife. In choosing a knife there are two important factors to bear in mind: balance and keenness. The hilt should fit easily in your hand, and the blade should not be so heavy that it tends to drag the hilt from your fingers in a loose grip. It is essential that the blade have a sharp stabbing point and good cutting edges, because an artery torn through (as against a clean cut) tends to contract and stop the bleeding. If a main artery is cleanly severed, the wounded man will quickly lose consciousness and die.<sup>[2]</sup>

The Fairbairn-Sykes was produced in several patterns. The Shanghai knife on which it was based was only about 5.5 in (14 cm) long in the blade. First pattern knives have a 6.5 in (17 cm) blade with a flat area, or ricasso, at the top of the blade which was not present on the original design and the presence of which has not been explained by the manufacturers, under the S-shaped crossguard. Second-pattern knives have a slightly longer blade (just less than 7 in/18 cm), 2 in (5.1 cm)-wide oval crossguard, knurled pattern grip, and rounded ball, and may be stamped "ENGLAND" on the handle side of the cross piece. Some may also be stamped with a number (e.g., 21) on the opposite handle side of the cross piece.

Above the number may also be stamped a triangular symbol. Third-pattern knives also have a similarly-sized inch blade, but the handle was redesigned to include a ring grip. This ring grip is reputed to have distressed one of the original designers as it unbalanced the weapon and made harder to hold when wet, but it was used by the manufacturers as it was simple to produce. Third-pattern knives may be stamped "WILLIAM RODGERS SHEFFIELD ENGLAND", "BROAD ARROW", or simply "ENGLAND". William Rodgers, as part of the Egginton Group, now also produce an all-black "sterile" version of the knife, which is devoid of any markings showing maker or NATO use. It has also been finely balanced for throwing.

The length of the blade was chosen to give several inches of blade to penetrate the body after passing through the 3 in (7.6 cm) of the thickest clothing that was anticipated to be worn in the war, namely that of Soviet greatcoats. Later production runs of the F-S Fighting Knife have a blade length that is about 7.5 in (19 cm).

In all cases the handle had a distinctive foil-like grip to enable a number of handling options. Many variations on the F-S Fighting Knife exist in regards to size of blade and particularly of handle. The design has influenced the design of knives throughout the many decades since its introduction.

### **Copies**

Because of the success of the Fairbairn-Sykes Knife in World War II and in the wars in Korea and Vietnam, many companies made their own versions of the F-S Fighting Knife. This double-edged knife was so admired that the U.S. military created in-house versions. The Gerber Mark II (1966) became the second-most famous knife to the USMC's KA-BAR.<sup>[3]</sup>

### **OSS version**

The U.S. Office of Strategic Services's per-knife manufacturing bid was approximately one-fifteenth of the cost of the British version. The U.S. version was of inferior materials and workmanship. It's reputation suffered accordingly. Furthermore, U.S. Marines were improperly trained in using the knife. They complained of malfunction and of limited attack opportunity; however, it was not a utility knife. Fairbairn did have the opportunity to properly train soldiers in the correct use of his fighting knife.

British Major Fairbairn, who had been chief of police in Shanghai before the Japanese capture of the city, taught the Fairbairn method of assault and murder. His course was not restricted to Camp X, but later given at OSS camps in the United States. All of us who were taught by Major Fairbairn soon realized that he had an honest dislike for anything that smacked of decency in fighting.<sup>[4]</sup>

In contrast to the OSS version (some 20,000), the British knives were almost two million units (not all of equal quality; post-War versions are of dubious quality). Early production runs were extremely limited and demand was high as British troops attempted to buy their own.

### **Other knives by Fairbairn**

General Robert T. Frederick of the Devil's Brigade (First Special Service Force) is credited with a similar weapon, the V-42 Stiletto, itself a derivation of the F-S design. The V-42 was manufactured by W. R. Case & Sons Cutlery Co. during this period and is distinguished mainly by its markings and the presence of a small, scored indentation for the wielder's thumb, to aid in orienting the knife for thrusting. Fairbairn was also credited with design of the smatchet.

## References

1. Allan, Stuart. *Commando Country*. Edinburgh: National Museums Scotland, 2007. ISBN 9781905267149.
2. Fairbairn, W.E. (December 1996) [1942]. *Get Tough* (new ed.). Boulder, Colo.: Paladin Press. ISBN 0-87364-002-0.
3. Walker, Greg (1993). *Battle Blades: A Professional's Guide to Combat/Fighting Knives*. p. 30. ISBN 0873647327.
4. Dunlop, Richard (1980). *Behind Japanese Lines*. US: Rand McNally & Co. ISBN 0-52881-823-6.

## Further reading

- Buerlein, Robert. (2002). *Allied Military Fighting Knives: And The Men Who Made Them Famous*. Paladin Press. ISBN 1581602901
- Flook, Ron. (1999). *British and Commonwealth Military Knives*. Howell Press Inc. ISBN 1574270923
- Locken, Alan. (1995). *The Collectors Guide to the Fairbairn Sykes Fighting Knife*. Alan W Locken.

## What is happening?

### In June

June 10<sup>th</sup> – 13<sup>th</sup> – Historical Weapons Combat/Skt. Martin  
Copenhagen Medieval Market

June 17<sup>th</sup> – 19<sup>th</sup> – Historical Weapons Combat/Skt. Martin  
Esrum Monestary - Ridderdage

### In July

July 7<sup>th</sup> – 10<sup>th</sup> – WT Center – Weapons Combat Systems - Scandinavian Summer Camp2011  
All instructors and assistants

July 16<sup>th</sup> – 24<sup>th</sup> – Voergaard Medieval market – Sct. Martin/Historical Weapons Combat  
Master Lars and Senior Instructor Bengt Abrahamsson plus assistants

July 22<sup>nd</sup> – 24<sup>th</sup> – Krusilli – Finnish Summer Camp2011  
Master Lars

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Questions on this letter, seminars or Weapons Combat Systems™ can be put to me personally  
on telephone +45 40 30 48 39 or by mail to [lars.lind@siemens.com](mailto:lars.lind@siemens.com)

Master Lars, Chief instructor and founder Weapons Combat Systems