

## Change in syllabus for Weapons Combat

The syllabus has undergone a minor change. While we were going through the new program for staff, we found the material so large and important, that we have decided to put it into 10<sup>th</sup> to 12<sup>th</sup> student grade.

The syllabus has also been translated into English and minor faults have been corrected.

The instructor material for 1<sup>st</sup> – 3<sup>rd</sup> student grade (Basic level) is finished and will be formally finalized on the seminar June 24<sup>th</sup>. On this seminar the instructors will go through the material for student programs 10<sup>th</sup> – 12<sup>th</sup> (staff programs and assistant instructor level) and test it.

Work on the instructor material for the 4<sup>th</sup> – 6<sup>th</sup> student program (Intermediate level) has just finished and it will be tested in the next month.

## Instructor seminar Weapons Combat in WT Center

At the seminar in WT Center on June 24<sup>th</sup>, the instructors went through the 1<sup>st</sup> – 3<sup>rd</sup> student's instructor material and 10<sup>th</sup> – 12<sup>th</sup> (staff programs).

The Basic program (1<sup>st</sup> – 3<sup>rd</sup>, single stick) will have some minor changes and after a talk we agreed to put in some focus drills for seeing opportunity targets and for seeing dangers from the opponent (pre-emptive strikes).

Thank you to all instructors for attending and giving your say on the programs, it's important that the programs we teach is something we all believe in and don't feel alien to.



Please notice new T-shirts



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## **Weapons Combat seminar in Malmo**

Sifu Lars did a two day grading seminar in Malmo in May. The advantage of having two day for the seminar is that you can get a bit deeper into the material with those who come both days and it at the same time gives those who for some reason is unable to come either Saturday or Sunday a chance to participate. Unfortunately this also meant that Sifu Lars had to watch the football qualifying match between Sweden and Denmark in Sweden – and we all know what that resulted in!

# News letter

## **Weapons Combat systems™ at the Finish summer camp in Hanko**

Sifu Lars attended the Finish WT organisations summer camp. Here he got a chance to make a one hour introduction to all participants in Weapons Combat.

Sifu Lars also taught a small group in Weapons Combat during the whole summer camp and introduced the Finish instructors on his thoughts on WT knife defence build on techniques from the Biu Bze, Wooden Dummy and Bart Cham Dao forms.

I had a wonderful weekend – and will recommend all to pay a visit to this event next year – Nothing beats a weekend with good friends, good training, wonderful place and of cause beer!

One thing I can recommend though is LONG TROUSES in the evening and A LOT OF MOSKITO SPREY (or MOSKITO NET)!



If I can't have a picture of me, I'll have one with a beautiful girl

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## The German art of the Long Sword or medieval Chi Sao

Medieval fencing consisted of the giving and taking of killer blows, done in the simplest fashion where strength was of the greatest importance. This text was written in an old and obsolete book by a sport fencer.

When one studies the medieval manuscripts, one will get a very different opinion.

A whole lot of these manuscripts still exist, especially from Germany. In one of the oldest, generally called Döbringers Fechtbuch, you can read that fencing is an art with a reason and a core. Hereafter comes a description of principles that a modern follower of martial art will easily recognize. Döbringers writes "that with this art, a weaker person can defeat a stronger, because how can it be an art if strength always wins"!

Fighters that only rely on strength are scornfully called sword bullies and peasants.

Most old fencing books mention a great master by the name of Johannes Liechtenauer. He is one of the founders of this martial art. This he has passed on to us written in secret rimed verses. Liechtenauers art with the sword consisted in its purest form of four sword guards, five cuts and eight windings. A winding could be described as a sort of Chi Sao with swords.

Döbringer writes that this art goes from the shortest and seeks the closest.

There are eight windings; four right on left and right a four low. From these windings you can strike, stab or cut. This gives you twelve combinations.

The art of the long sword was encoded in five words: *Vor*, *Nach*, *Stark*, *Swech* and *Indes*.

*Vor* is the first principle. The art is aggressive in nature and prefer to attack instead of defense.

The first target was to win "der Vorschlag", the first cut, and thereby force the opponent to defend.

In Sigmund Ringecks Fechtbuch it is written, that a defensive fighter often loses.

Liechtenauer said "I tell you, a fencer can never defend without danger, and if you understand this your opponent will never get a chance to strike"

*Nach* is the defensive principle, when you don't have the initiative and have to defend. Here the rule is to regain the initiative and protect with a technique that is simultaneous attack and defense.

The sword is divided in two parts; *Stark* is the part from the middle to the cross, here you can hold the opponent. *Swech* is the weak part, from the middle to the tip, here you can not hold against.

Now we come to the windings, Chi Sao with the sword.

When two fencers strike against each other and the blades meet (bind), they must immediately (*indes*), feel (*Fuelen*), if the opponent is in a weak or strong position.

Ringecks Fechtbuch says that *Fuelen* and *Indes* belongs together and represents the highest level of swordsmanship. The fight consists of the ability to use the strong part of the blade on the opponent's weak part to open up for a cut or stab and from the weak position, to yield to the opponent's power and use this to get the advantage. To give in to win is by many considered a specific Asian way of thinking, but Döbringers Fechtbuch actually refers to Aristotle, which makes it deeply rooted in European philosophy.

And now we have moved quite a bit from killer blows done in the simplest way!

## New T-shirts

At last, the new T-shirts are here. Get dressed to kill, while we have them on stock – who says when we will get the next batch!

## Historic Weapons Combat part of KDF

Historic Weapons Combat has joined up with some of our old friends from the Guild days in Kunst des Fechten, a society dedicated to understanding of the German sword school. KDF now has groups in Leeds, Nottingham, Tilburg, Malmo, Lund and Copenhagen.

The first KDF event will be October 12<sup>th</sup> -14<sup>th</sup> and will take place in The Royal Armouries, Leeds, England. We will arrange tour to Leeds and hotel. The event will consist of both training and a dinner; there will also be time enough to spend some time in the collections and to watch some of the interpretation done by the Royal Armouries interpreters.

I will send out more information when I know more and we are getting closer. But put it in the calendar already.

For you Leeds veterans – get ready the PPOG!



War gallery in Royal Armouries, Leeds

# News letter

## **In June we have the following arrangements**

**June 30<sup>th</sup> – July 6<sup>th</sup>** – Scandinavian Summer Camp 2007 in Roskilde  
*Both Weapons Combat Systems will be taught*

**August 4<sup>th</sup>** – Malmo – Weapons Combat grading seminar

**August 5<sup>th</sup>** – Malmo – Weapons Combat knife seminar

**August 12<sup>th</sup>** – WT Center – Weapons Combat grading seminar

*All the above with Sifu Lars*

*I will be on summer holiday August 18<sup>th</sup> – September 3<sup>rd</sup>, there will be normal classes in the HQ.*

**See some of you on summer camp and to all others - Have a nice summer holiday**

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

*Beer, swords and Dino's rule forever  
Sifu Lars, Chief instructor Weapons Combat Systems*

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