

## Editorial

By Lars Lind

Master & Chief Instructor of Weapons Combat Systems™



Last Newsletter in 2010, it's now four years since we started both the Newsletter and the new system. I now know we are on the right track.

In December we created a new title: Regional Instructor.

The role of the regional instructor will be to develop and run the day to day business of the region they are made responsible for and do some normal grading seminars.

We have now two Regional Instructors:

Senior Instructor Bengt Abrahamsson for Sweden and senior Instructor Erik Olesen for Jutland.

*I Wish you all a very Merry Christmas and a Happy New Year*

Take care  
Master Lars

## Weapons Combat Escrima – Special “Box” seminar in Haderslev December 11<sup>th</sup>

By Master Lars  
Chief Instructor, Weapons Combat Escrima

This seminar was the start of the new way seminars in Jutland will be.

Grading seminars will be done by Erik as Regional Instructor and I will be doing Conceptual seminars. I will, of course, still be checking higher grades and the general quality of the students.

This time the theme of the seminar was Box in connection with Speed, timing and distance.

After the seminar we all went to a bowling center and I must admit that it is not there I am the greatest expert! After the game we had a wonderful Xmas lunch with all the trimmings.



Seminar students in Haderslev

## Wise words on empty handed Escrima

In the words of the late Great Grandmaster Angel Cabales "all of Serrada Escrima's empty hand techniques are used in exactly the same way as the weapons techniques in Serrada Escrima"... "nothing changes! Everything stays the same"

GGM Angel Cabales

## Weapons Combat Escrima – Seminar weekend in Helsinki November 27<sup>th</sup>

*By Weapons Combat Students from Finland*

**Another successful seminar weekend in Helsinki that contained sweat, tears, and almost a little bit of blood.**

### SATURDAY

The first day was a normal Weapons Combat Escrima seminar. The Lappeenranta people showed up half an hour late. We thought that next time there's a seminar, we'll tell the Lappeenranta people it starts half an hour earlier. I got to train staff for the first time in a seminar (if I don't count the first Rene Latosa seminar in Kopenhagen a few years back), and was so excited! The training started well but ended with a crash when I accidentally hit sifu Antti in the face with a staff. That kinda took the fun out of training for a while. I still have a lot to learn and realize about the staff. More training, then more training, and more training.

Once I got over the shock of hitting someone in the face (yes, once I got over it...), I started again, this time with quarter-staff. The way I trained after the incident was very slow, and also soft, technical, and careful though. Which is good sometimes. Technicality, not softness, I mean. We don't train escrima to be soft, now do we?

### SUNDAY

This was the first time Historical Escrima has been taught at a seminar in Helsinki. It was... different. A lot of cross-stepping, abanicos, and stick-twirling. Weird stuff to me. Sunday was definitely the most interesting history-lesson ever. It was very interesting to see, for example, where from Weapons Combat Escrima has evolved. It also gave some clearance to why some styles use their sticks the way they do: they picture it as a bladed weapon.

And I didn't stab anyone in the face! After the seminar we went to eat at Bamboo Restaurant, as usual.

The seminar was useful and interesting. And fun, despite... Even though we don't go to training to have fun, either.

*Sincerely,*

*Your little green-black goblin,*

*Bahar Tokat, 9th SG Weapons Combat Escrima Finland*



Seminar participants

## Historical Escrima – The roots of Weapons Combat Escrima in Helsinki November 28th

On Sunday we had an excellent opportunity to learn some history behind Weapons Combat Escrima. I was very excited to attend this seminar, since I have also trained for four years Jay Dobrin's BIFF Escrima. Master Dobrin has also studied under Grandmaster Rene Latosa in the late 70's. In the beginning of the seminar Master Lars showed us Serrada Escrima techniques from the time when he started to train Escrima himself. We saw many techniques from Angel Cabales and heard many interesting stories about him and other great Escrima Masters as well. During the day we had a chance to see different variations from Escrima. Techniques varied according to the student, master and time. Many legendary names were mentioned: Max Sarmiento, Dentoy Revillar, Leo Giron and many others. At the end of the day we were able to understand why and how Master Lars has developed his own style from Latosa Escrima. Thank you, Master Lars, for your teaching and interesting stories!

*By Topi Lehtinen, 9th SG Weapons Combat Escrima Finland*



Wing Block with cross step



Largo Mano hitting

These pictures do NOT represent Weapons Combat Escrima!

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## Historical Weapons Combat – English longbow – Part 3

From Wikipedia, the free encyclopedia

### Tactics

Although bowmen were still deadly at close range, they were light skirmishers unsuited to prolonged hand-to-hand combat and were understandably vulnerable to a committed attack by cavalry. Consequently they were often deployed behind physical barricades, such as stakes and poles driven into the ground; at Agincourt, they were deployed behind boggy ground. A longbow corps was vulnerable to ambush until its defensive barricade was complete. This practice discouraged offensive battle tactics because the longbow was most effective when an opposing army charged.

A common battle formation:

- Light Infantry (such as swordsmen) in the centre forward, in rank formation.
- Heavy Infantry (usually dismounted knights and armoured soldiers employed by the nobles) (often armed with pole weapons such as poleaxes, bills being a preferred English weapon) in the centre middle, in rank or square formation.
- Traditional Archers and Crossbowmen in the centre back, in rank formation.
- Cavalry either on the flanks (to protect against attacks), or in the centre in reserve, to be deployed as needed (for example, to counter any breakthroughs).
- Longbowmen were usually on the side, in an enfilade formation, with the middle being occupied by melee troops.

Archery is not very accurate at extreme distances, so generals massed longbowmen in order to create a 'cloud of arrows.' A skilful general would alternate flights of arrows with cavalry charges, sometimes alternating flank attacks to induce shock and fear in the enemy. The arrows were used in volleys and not aimed at specific targets until the enemy was quite close. The English used longbowmen in unprecedented numbers in the Hundred Years War, as the dominant part of their armies, with approximately 7,000 archers in an army of 8,500 at the Battle of Agincourt.

### Surviving bows and arrows

More than 3,500 arrows and 137 whole longbows were recovered from the *Mary Rose*, a ship of Henry VIII's navy that was sunk at Portsmouth in 1545. It is an important source for the history of the longbow, as the bows, archery implements and the skeletons of archers have been preserved. The bows range in length from 1.87 to 2.11 m (6 ft 1 in to 6 ft 11 in) with an average length of 1.98 m (6 ft 6 in).<sup>[14]</sup> The majority of the arrows were made of poplar, others were made of beech, ash and hazel. Draw lengths of the arrows varied between 61 and 81 centimetres (24 to 32 inches) with the majority having a draw length of 76 centimetres (30 inches).<sup>[31]</sup> The head would add 5–15 cm depending on type, though some 2–4.5 cm must be allowed for the insertion of the shaft into the socket.<sup>[32]</sup>

The longbows on the *Mary Rose* were in excellent finished condition. There were enough bows to test some to destruction which resulted in draw forces of 450 N (100 lbf) on average. However, analysis of the wood indicated that they had degraded significantly in the seawater and mud, which had weakened their draw forces. Replicas were made and when tested had draw forces of from 445 N to 823 N (100 to 185 lbf).<sup>[5]</sup>

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In 1980, before the recent finds from the *Mary Rose*, Robert E. Kaiser published a paper stating that there were five known surviving longbows.<sup>[2]</sup>

- The first bow comes from the Battle of Hedgeley Moor in 1464, during the Wars of the Roses. A family who lived at the castle since the battle had preserved it to modern times. It is 1.66 m (65.5 in) and a 270 N (60 lbf) draw force.<sup>[33]</sup>
- The second dates to the Battle of Flodden in 1513 ("a landmark in the history of archery, as the last battle on English soil to be fought with the longbow as the principal weapon..."<sup>[34]</sup>). It hung in the rafters at the headquarters of the Royal Scottish Archers in Edinburgh.<sup>[2]</sup> It has a draw force of 360 to 410 N (80 to 90 lbf).
- The third and fourth were recovered in 1836 by John Deane from the *Mary Rose*.<sup>[35]</sup> Both weapons are in the Tower of London Armoury and Horace Ford writing in 1887 estimated them to have a draw force of 280 to 320 N (65 to 70 lbf).<sup>[36]</sup> A modern replica made in the early 1970s of these bows has a draw force of 460 N (102 lbf).<sup>[37]</sup>
- The fifth surviving longbow comes from the armoury of the church in the village of Mendlesham in Suffolk, and is believed to date either from the period of Henry VIII or Queen Elizabeth I. The Mendlesham Bow is broken but has an estimated length of 1.73 to 1.75 m (68 to 69 inches) and draw force of 350 N (80 lbf).<sup>[38]</sup>

## Social importance



Longbow man in the Royal Armouries

The importance of the longbow in English culture can be seen both in the legends of Robin Hood, where he was increasingly depicted as a master archer, and also in the "Song of the Bow", a poem from *The White Company* by Sir Arthur Conan Doyle.<sup>[39]</sup>

During the reign of Henry III the Assize of Arms of 1252 required that all "citizens, burgesses, free tenants, villeins and others from 15 to 60 years of age" should be armed.<sup>[40]</sup> The poorest of them were expected to have a halberd and a knife, and a bow if they owned land worth more than £2.<sup>[41]</sup> This made it easier for the King to raise an army, but also meant that the bow was a commonly used weapon by rebels during the Peasants' Revolt. From the time that the yeoman class of England became proficient with the longbow, the nobility in England had to be careful not to push them into open rebellion. This was a check on the power of the nobility of England which did not exist on the European continent.<sup>[42][43]</sup>

## Notes

1. ^ Bacon 1971, p. 16
2. ^ <sup>a b c d</sup> Kaiser 1980
3. ^ Levick 1992
4. ^ Oakeshott 1960, p. 294
5. ^ <sup>a b c</sup> Strickland & Hardy 2005, p. 17
6. ^ Strickland & Hardy 2005, pp. 13,18.
7. ^ Cohu, Will (3 April 2005). "How they did affright the air at Agincourt". *Daily Telegraph*. <http://www.telegraph.co.uk/culture/books/3639756/How-they-did-affright-the-air-at-Agincourt.html>. A review of *The Great Warbow* "The power of a bow is measured in its draw-weight, and these days few men can pull a bow above 80lb... and skeletons retrieved from the wreck show spinal distortions, indicating just what it took to be a proper archer."
8. ^ Trevelyan 2008, pp. 18,88
9. ^ Trevelyan 2008, p. 18 quoting W. Gilpin (1791) *Forest Scenery*
10. ^ Kaiser 1980 footnote 5, citing "The Berkhamsted Bow", *Antiquaries Journal* 11 (London), p. 423
11. ^ Kaiser 1980 footnote 6, citing Major Richard G. Bartelot, Assistant Historical Secretary, Royal Artillery Institution, Old Military Academy, Woolwich, England. Letter, 16 February 1976
12. ^ Longman Walrond, p. 132
13. ^ Bradbury 1985<sup>[page needed]</sup>
14. ^ <sup>a b</sup> Staff (2007). "The Ship - Armament - Page 6 of 10 - Bows". *The Mary Rose Trust*. <http://www.maryrose.org/ship/bows1.htm>.
15. ^ Strickland & Hardy 2005, p. 18, Appendix 408–418
16. ^ Oakeshott 1960, p. 297.
17. ^ *Itinerarium Cambriae*, (1191)
18. ^ Saxton 2003, Chapter IV.--Archery in general, p.30
19. ^ *Royal Armouries*: 6. Armour-piercing arrowheads
20. ^ Archery testing
21. ^ Kaiser 2003
22. ^ Strickland & Hardy 2005, pp. 272-278
23. ^ Strickland & Hardy 2005, p. 31
24. ^ *The statistics on rates of shot are taken from Agincourt: Henry V and the Battle That Made England* (Barker 2006<sup>[page needed]</sup>).
25. ^ Auden 2008, p. 165 letter written by a John Norton, dated 5 October 1642.
26. ^ Cornwall 2009, appendix
27. ^ Conan Doyle 1997
28. ^ Hageneder 2007<sup>[page needed]</sup>
29. ^ Dr. A.J. Stirland. *Raising the Dead: the Skeleton Crew of Henry VIII's Great Ship the Mary Rose*. (Chichester 2002) As cited in Strickland & Hardy 2005<sup>[page needed]</sup>
30. ^ Cummins 2006
31. ^ Staff (2007). "The Ship - Armament - Page 7 of 10 - Bows". *The Mary Rose Trust*. <http://www.maryrose.org/ship/bows2.htm>.
32. ^ Strickland & Hardy 2005, p. 6
33. ^ Kaiser 1980 cites: Gordon, Henry; Webb, Alf (1972). "The Hedgeley Moor Bow at Alnwick Castle". *Journal of the Society of Archer-Antiquaries* **15**: 8,9.
34. ^ Heath ??, p. 134
35. ^ Kaiser 1980 cites: Gordon, Paul H. (1939). *The New Archery*. New York: D. Appleton-Century Co.. p. 183.
36. ^ Kaiser 1980 cites: Ford, Horace (1887). *The Theory and Practice of Archery*. London: Longman Green and Co.. p. 3..
37. ^ Kaiser 1980 cites: McKee, Alexander (1974). *King Henry VIII's Mary Rose*. New York: Stein and Day. p. 103.
38. ^ Kaiser 1980 cites: W.F. Paterson, Chairman, Society of Archer-Antiquaries. Letters, 5 May 1976.
39. ^ Conan Doyle 1997<sup>[page needed]</sup>
40. ^ Kruschke 1985, p. 31
41. ^ *The right to keep and bear arms: report of the Subcommittee on the Constitution of the Committee on the Judiciary, United States Senate, Ninety-seventh Congress, second session, U.S. G.P.O., 1982 p. 46* (see also: David T. Hardy, Partner in the Law Firm Sando & Hardy *Historical Bases of the Right To Keep and Bear Arms*)
42. ^ Andrzejewski 2003, p. 65 "It is surely not accidental that the only peasant revolt in England which succeeded took place at the time of the predominance of the long bow".
43. ^ Trevelyan 2008, p. 18 "The good yeoman archer 'whose limbs were made in England' was not a retrospective fancy of Shakespeare, but an unpleasant reality for French and Scots, and a formidable consideration for bailiffs and Justices trying to enforce servile dues or statutory rates of wages in the name of Law, which no one high or low, regarded with any great respect".

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**Further reading****Books**

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- Staff. *Mary Rose historical ship*, The Mary Rose Trust - {note: BACK of bow faces enemy.}
- The Great Northwood Bowmen Medieval Longbow Archery and re-enactment Society, re-enacting the 15th century, based in London.

## What is happening?

### In January

January 15<sup>th</sup> – Helsinki – Weapons Combat Escrima – Special seminar  
Senior Instructor Peter “Lange” Tønder

January 16<sup>th</sup> – WT Center – Weapons Combat Escrima – Grading and Technician seminar  
Master Lars Lind

January 16<sup>th</sup> – WT Center – Weapons Combat Escrima – Start beginner course  
Assistant Instructor Rolf Warming

### In February

February 5<sup>th</sup> – Lappenranta – Weapons Combat Escrima  
Assistant Instructors Rolf Warming & Maria Bröderbauer

February 6<sup>th</sup> – WT Center – Historical Weapons Combat - German Longsword  
Master Lars Lind

February 12<sup>th</sup> – Tilburg – Weapons Combat Escrima – Grading seminar  
Master Lars Lind

February 12<sup>th</sup> – Tilburg – Weapons Combat Escrima – Instructor seminar  
Master Lars Lind

February 26<sup>th</sup> – Lund – Weapons Combat Escrima – Special seminar  
Head Instructor Kenneth Kyhe

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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*