



The Swordsman's Companion: A Modern Training Manual for the Medieval Longsword

Guy Windsor

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How was the medieval sword used? Although many books have been released detailing techniques of the medieval swordmasters, none of them can really be termed easily interpreted manuals of technique. For the beginner, they are hard to decipher and interpret. The well-respected founder of the prestigious Helsinki School of European Swordsmanship, Mr. Windsor has offered a nuts-and-bolts approach to teaching Italian historical swordsmanship through drills, exercises. Based on the systems of Fiore dei Liberi, Filippo Vadi, and others, this work should be one of the first books acquired by anyone wishing to explore swordsmanship as a practical art.

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