

## Rowany School of Defense: Rapier Guide 2013

Welcome to the Society of Creative Anachronism Rowany School of Defense. Fencing rapier is a Western Martial Art. Unlike modern fencing the swords we use recreate the manner of fencing around the time of the renaissance when a person's honour may be settled in the street by use of their blade.

Unlike modern Martial arts schools, our trainers volunteer their time and ability, the costs involved relate only to venue hire, insurance and the purchase of your equipment. Please respect the contributions trainers give to you.

Be prepared to get sweaty, have tired muscles and get the odd bruise once you start fencing with others. You will also have the opportunity to meet new friends, become involved in SCA culture and gain proficiency in a unique sport.

This booklet is designed to assist you with your starting and developing in rapier. It is divided into 4 sections:

1. What equipment do I need?
2. How do I start fencing in rapier? What is Authorization?
3. What is the guild and where do I fit in (who are all these people and what's with the scarves?)
4. Training guide checklist

Complete the information below to help you know who's who and how to contact people.

### Me:

Name (mundane)	SCA Name	Contact phone	Email

### My Trainers:

Name (mundane)	SCA Name	Contact phone	Email

### Training is held at:

Venue	Address	Day/ times	Notes

## 1. What you need to start fencing rapier (and where to get it)

Item	Notes- when do I need it?	Source
<b>What do I wear/bring to training?</b>	This is a Western Martial Art- wear clothes that you can move easily in A long sleeved t-shirt, long trousers and sports shoes to start, indoor soccer shoes are excellent. Other items for protection will be worn over these. Bring a water bottle too and tie up long hair. These notes, \$ for hall costs and insurance, you may find a journal and pen useful for notes.	
<b>Personal Protection</b> <ul style="list-style-type: none"> <li>Groin protector 'box' for men</li> <li>Breast protector for ladies (optional but recommended)</li> </ul>	To protect your 'essentials' First essential item to purchase- being of a personal nature-these are difficult to borrow from others and need to be your size. Get this <u>before</u> you start training with an opponent	Men's box- most sporting stores  Women's breast protector: Martial arts suppliers
<b>Gloves</b> Usually can loan to start*	To protect your hands they need to be your size with long cuffs to cover wrists preferably fine leather.	Gardening supplier - Rose pruning gloves (excellent) Hardware stores -welding/work gloves (tend to be large sizes) JG Fence -Fencing gloves Internet fencing/ re-enactor suppliers
<b>Fencing Mask</b> Usually can loan to start*	To protect your face/head -needs to be your size and designed for fencing rated to 360n	Fencing supplier Sydney supplier-JG Fence Internet fencing/ re-enactor suppliers
<b>Fencing Jacket</b> Usually can loan to start*	To protect your body and arms- needs to be your size. This may be a modern fencing jacket or a sewn training 'jack'/ doublet	Sydney supplier-JG Fence, internet fencing/ re-enactor suppliers Can also sew your own-ask about patterns to make one
<b>Gorget</b> Usually can loan to start*	To protect your neck/throat- needs to be made your size meeting armor requirements. Can be in leather or metal.	Local Supplier: Torg o Hawkhurst Patterns & construction in leather Internet fencing/ re-enactor suppliers.
<b>Rapier</b> Usually can loan to start*	For fencing(of course☺). This is an important purchase- don't rush into this. Borrow and play with different lengths and styles before purchasing. Most fencers are very proud of their swords and are happy to explain why they use that sword.	Fibreglass- see trainer Steel rapiers: - Global Gear-Hanwei Schlager - Darkwood Armoury
<b>Other items; Daggers, bucklers, canes, cloaks etc</b>	To start with borrow these items; they are not necessary to own prior to authorizing.	

\*Be aware many fencers are happy to help you by loaning equipment to you to start with. It is expected that you get your own gear after 6 months of training. **Remember the courtesy of borrowing equipment- return it promptly, in the same condition it was loaned to you.**

## 2. How do I start fencing in rapier? What is Authorization?

All are welcome to fencing training, it is not required to be an SCA member but you may like to join to be part of the organization and find out what is happening. If you are not a SCA member a \$5 levy for insurance is necessary. Most SCA groups have training weekly but check group websites for locations and details. Training is usually throughout the year with a Christmas holiday break.

**Authorization** is the SCA requirement for safe sparring/fighting with other fencers. To become authorized you need to know the rules of the SCA list and be assessed by an authorizing Fencing Marshal as safe to fence.

## 3. What is the guild and where do I fit in (who are all these people and what's with the scarves?)

The Guild of Defense is a SCA guild devoted to teaching period combat. **Being involved in the guild is optional** to your fencing, but many people enjoy being part of the organization. Anyone may join the Guild of Defense as a scholar but higher 'ranks' (denoted by colored scarves) are similar to martial arts belt rankings and are attained through assessment of fencing by that rank, these assessments are called 'prizes' and are as follows:

Rank (Prize)	Requirements- Proficiency	Scarf
Free scholar	One form of rapier	Yellow
Journeyman	Three forms of rapier	Green
Provost (can sponsor Free scholars & Journeyman)	Five forms of Rapier + teaching	Blue
Guild master (can sponsor all)	Seven Forms of Rapier + teaching	Black

### How do I get involved in the Guild? What is the commitment?

Once you are authorized, and are getting proficiency in a form of fencing, approach a Provost or Guild master about your readiness to 'go for a prize'. They should be able to assess your ability and estimate a potential timeframe. If you wish to fight a prize you need to ask a Provost or Guild master to sponsor you. They will notify other fencers of your intention and will help prepare you for the prize. Prizes are fought at SCA events so you will need SCA fencing clothing to wear. At the Prize you will be assessed by other fencers of that rank who decide if you are 'worthy'. Prizes are about skill levels and are not about winning the bout. If not successful your sponsor will debrief you and assist you in preparing for a later assessment (after 3 months). It is required that there is at least 6 months between each Prize to allow consolidation and preparation. At Journeyman level you start teaching others, at Provost it is expected that you teach and sponsor candidates, most guild masters are involved in running fencing training and researching period fencing forms.

#### 4. Training checklist

✓	Activity	Notes
	Etiquette	
	The sword-parts Holding the sword	
	Hand positions <ul style="list-style-type: none"> <li>• 1st</li> <li>• 2nd</li> <li>• 3rd</li> <li>• 4th</li> </ul>	
	Guard position <ul style="list-style-type: none"> <li>• Terza</li> </ul>	
	Footwork <ul style="list-style-type: none"> <li>• Step Forward</li> <li>• Step Back</li> <li>• Crossover Step Forward</li> <li>• Crossover Step Back</li> </ul>	
	The Lunge	
	Gaining the Sword <ul style="list-style-type: none"> <li>• high</li> <li>• low</li> </ul>	
	Measure: hand, body, foot	
	Parries	
	Gain- Lunge-Hit	
	The Cavazione and regaining control	
	Blade checking with the offhand	
	Checking with offhand items	
	Cuts	
	Close work	
	Coached sparring/bouting	
	Formats/rules of: Individual tournament bout Melee and games	
	Controlled sparring against an experienced opponent	
	Authorization	