

Do you like swords? Do you want to know how to use them? Then this book is for you. With a foreword by historical novelist Christian Cameron, in this book renowned swordsman and author Guy Windsor will take you through the principles and practice of medieval knightly combat with the longsword. The tactics and techniques come from *Il Fior di Battaglia*, written in 1410 by Fiore dei Liberi, one of the greatest trainers of knights in the Middle Ages. In this book Guy covers everything you need to get started, including principles of swordsmanship, training mindset, and choosing equipment; as well as a complete system of physical practice, from basic footwork all the way up through sword handling and pair drills to free fencing. Beginners will find this a complete and approachable guide to taking up the Art of Arms; experienced swordsmen will also find many tips and tricks for developing their skills. Guy Windsor has been training martial arts for almost 30 years, and teaching professionally since 2001, when he founded The School of European Swordsmanship. The School now has branches and study groups on all over the world. Guy's other books include *The Swordsman's Companion*, *The Duellist's Companion*, *Veni Vadi Vici*, and *Mastering the Art of Arms vol 1: The Medieval Dagger*.

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