



New Varangian Guard Inc.

The Training Manual

Last updated 18th may 2004

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INTRODUCTION

This document has been collated to provide information for new recruits, combatants and instructors concerning training. The document covers such fields such as; archery, basic and advanced training, and wrestling.

The essences of good training are as follows:

- Consistent attendance;
- Proper application to the exercises provided by instructors;
- CORRECT repetitious practice of basic techniques;
- Patience must be exhibited by all of the participants;
- Confidence must be acquired by the trainees, in themselves and their instructors;
- The aims of the training are clearly defined;
- A properly set out training program;
- The level of skill of each trainee needs to be assessed and their training modified so that they can achieve the aims of the training;
- A time frame needs to be set so that a trainee can reach a certain level in a certain amount of time.

This text should be considered as a basis for further changes and additions. Any information, suggestions or comments are welcomed by the editor.

Acknowledgments

Graeme Walker for his original questions about training which started the ball rolling.

Robert Ely for his advice, comments, suggestions and other encouraging noises.

Tim Dawson for the use of his Battleboke as a reference.

Other contributors;

Rob Burns, Charles Neville & John Sultana.

BASIC TRAINING

The aims of basic training are to develop: adequate muscular and aerobic stamina from combat in full armour; flexibility and muscle tone to avoid injury; and safe, confident and controlled technique which will increase in speed and accuracy with more training.

NOTE: The minimum armour required to participate in a training session is a helm, gauntlets, groin protection for males and females, and breast protection for females. Extra armour is always recommended.

1) Warm Ups

Warm ups should consist of the following:

- jogging or aerobics,
- situps, push ups, squats,
- stretching all the major and minor muscle groups.

2) Sword or Single Handed Axe Warm Ups & Wrist Strengthening Exercises

Stand in the normal fighting position, grip the sword, and extend the forearm till it parallel with the ground. Complete the two following exercises for both hands;

1) Without changing the grip on the sword or moving the sword arm, lower the point of the sword forwards as far as the wrist will extend (eg. as extending for a cut to the head), then return the sword to its original position. Repeat this exercise at least twenty times on each hand.

2) Without changing the grip on the sword or moving the sword arm, pivot the point of the sword side-ways as far as the wrist will extend, both to the left and right (eg. as in changing from an upper body guard position to a lower body guard position), then return the sword to its original position. Repeat this exercise at least twenty times on each hand.

3) Shield Warm Up

Basic Shield Warm Up

The warm up consists of going through the following blocking positions and then repeating them in random order, complete three sets of each:

- left and right head blocks;
- left and right torso blocks;
- left and right leg blocks.

After each block return back to the primary position covering the torso on the shield side.

Shield Technique for a round shield

The position (the primary defensive position) in which a shield should be held when not in direct use covers the torso on the side of the body that the shield is held. If the shield is not being used for a defensive block it should be returned back to the afore mentioned position.

Note: Avoid blocking vision of your opponent with the shield.

Descriptions of the shield blocks for right-handers (opposite for left-handers) using a round shield are:

- *left and right head block*: from the primary defensive position the shield is brought up over the head in a semi-circular motion away from the body, avoiding blocking the vision;
- *left torso block*: this is the primary defensive position;
- *right torso block*: move the shield directly across the body from the primary defensive position to cover the right side of the body;
- *left leg block*: from the primary defensive position the hand is dropped downwards and the knees are bent to cover the left leg;
- *right leg block*: from the primary defensive position the hand is dropped downwards and brought across the body and the knees are bent to cover the right leg;

Shield Technique for a Kite shield

The technique for a kite shield is very similar to the technique for a round shield except that the amount of movement needed to protect the legs is much less because of the extended length of such a shield. Care should also be taken with where the point is going when the shield is moved up to protect the head.

4) Sword Parrying Practice

The attacks to the main target areas are demonstrated by the instructor so that the trainee may practice the following parries;

- left and right head parries,
- left and right torso parries,
- left and right leg parries,
- thrust parries (semicircular or straight depending on your sword's position and the line of the thrust).

NOTE: No actual blows are to be delivered at this stage by trainee or instructor. Strict attention must be paid to the angle that the sword blocks the attacking sword, so that only the flat of the blade is used to parry. The sword parrying practice should be repeated in the above order until the trainee is competent. The

sword blows used in parrying practice should be then delivered in a random order. The speed of the sword attacks should only be increased with the increase in the skill level of the trainee. Extra armour is recommended.

5) Sword Attacks

The basic sword attacks are taught at this stage, using the same areas defended as the parries (e.g. the two head blows, the left and right attack on the torso and the legs, and a thrust at the torso).

Taking turns, a trainee first receives the attacks using the parries they have learnt in Sword Parrying Practice then slowly counter-attacks.

NOTES: It must be stressed to the trainee that they must be able to pull the blow and at this stage no actual blow is intend to contact the target.

The thrust must not be made with a locked elbow. Feints and other tricks are to be taught later in "advanced training".

6) Sword Attacks and Parries

When the trainee has sufficient skill the next level is 'Trading Blows'. The instructor delivers attacks to any of the main attack area then the trainee parries the blow then returns an attack to an open legal target.

NOTE: Speed should only be increased with increased skill of the trainee. Full armour should be worn for the section of training.

7. Shield Practice

Shield practice consists of the following;:

The instructor delivers attack to the main attack areas in the following order;

- left and right head blocks,
- left and right torso block,
- left and right blocks,
- frontal block for thrusts.

NOTES: The shield block practice should be repeated in the above order until the trainee is competent. The sword blows used in the practice should be then delivered in a random order. The speed of the sword attacks should only be increased with the increase in the skill level of the trainee.

8. Sword & Shield Practice

Using the parries and blocks learnt in steps 4 & 7 for sword and shield the trainee receives attacks from an instructor until the trainee is competent.

Then using the parries and attacks learnt in steps 5, 6 & 7, the trainee and instructor start slowly trading blows.

NOTES: Full armour should be worn for the section of training. There should be no hesitation in the counter-attack and it should be directed towards an unguarded attack area, rather than an already defended area. The speed of the blows should only increase with an increase with an increase in the skill of the trainee. A pair of gloves and groin armour must be worn by all participants. Proper footwork should be used.

9) Single Handed Axe and Shield

The training to use a single handed axe follows the basic training for sword (e.g. sections 2a & 5), and single handed axe and shield follows the basic training for sword and shield (e.g. sections 8, 9 & 10).

Consideration must be made to the shape of the axe head in delivering blows, delivering blow with the flat of the blade or the back of the head only count as the effects of a mass weapon such as a mace. Blocks using the haft of the axe can be made but it should be remembered that a sharp sword would cut through the shaft, the shield should be used more to block attacks.

10) Further Sword, and Sword and Shield Practice

This section is a repetition of steps 6 and 8 but at a faster pace by the more experienced trainees with either an experienced combatant or an instructor. The blows should be decisive in their intended target and blows should not be made into an already guarded target.

NOTES: Full armour should be worn for the section of training. See NVG Inc National Combat Rules and Safety Standards for more details. Extra armour is recommended, especially for instructors. Proper footwork should be used.

11) Blow Weight

The trainee needs to have a good appreciation of how hard a blow should be on someone depending on the armour worn and the target being struck.

This is done by the trainee striking the instructor who then gives the appropriate feedback about the blow. This can then be reversed so that the trainee can get an appreciation of the proper pressure of a blow.

TIPS, HINTS AND ETIQUETTE FOR COMBAT

1) Taking Blows (especially in tournaments)

Blows only need to be felt to be counted, they do not need to be of a sufficient force to cut through the armour worn. It is also recognized that certain armour needs to be hit harder for the blow to register but such heavy blows should never be used on lesser armour, and heavier blows should be controlled more in respect to the target area.

Blows should be indicated to the Marshal when sensed.

If blows fall on off target areas or are too hard during a display or any other combat, take it up with the combatant and the Training Officer after the combat has finished. No piece of equipment should be handled without the owners permission.

An apology is necessary if a blow is deemed to be too heavy or is off target.

2) The Etiquette of Gear Borrowing

No piece of equipment should be handled without the owners permission.

When gear is borrowed the person should assume total responsibility for the gear.

When in combat you should always endeavour not to damage anyone else's gear.

3) Tricks of the trade

When training use old gear rather than gear which is used for display purposes.

If extra armour is not period or does not fit in with the rest of your gear it should be worn under your costume, or not worn at all.

Regarding the box, firstly if you are male wear one (there are no excuses), secondly it sits better in between two pairs of jock than inside one pair (less pinches), or wear a jock strap used to suspend a box.

4) Gear Maintenance

It is each member's responsibility to learn as much as possible regarding the maintenance and repair of their weapons and armour. After each meeting members should check their equipment and perform the following.

After every training session and display you should check your gear for damage or wear, especially in the case of mail armour, and make the necessary repairs or replacements.

With mail armour you should always have extra rings the same as those used in your armour; otherwise your armour will with time start to look patchy.

Leather armour should be kept clean, dry and treated with a covering of neat's-foot oil or some such compound.

Gambesons and arming caps should be washed as often as is possible (at least once a month, they last longer and smell nicer). Drying takes a couple of days.

Never, under any circumstances place weapon blades in the soil, it is one way of transmitting diseases such as tetanus.

File out notches and burrs in blades and repair fittings and scabbards.

Repair wooden shafts and apply linseed oil regularly, it extends their lifespan.

Mend any damaged armour, especially mail as "mail moth" spreads rapidly.

Clean and polish equipment with steel wool or fine emery and protect the surface with a light coat of oil applied with a oil soaked rag if metal.

Ensure that all leather items are kept clean and dry and that items that must be kept supple are periodically rubbed down with neat's-foot oil.

Weapons must not be stuck in the ground; doing so creates the risk of serious infection should anyone be injured by the weapon and also risk damage to the weapon. All weapons are to be kept free of rust and other foreign matter and should be wiped down with methylated spirits periodically.

ADVANCED TRAINING

Advancement from basic training only occurs after the trainee has acquired sufficient control of all aspects of their basic training program. The progressive steps of this section are more slowly learnt than in basic training and must be closely monitored by the instructors. This section also involves: actual combat with experienced combatants or instructors and instruction of new trainees in the basic techniques.

1) Two directional fighting

Setup

Three combatants, two attackers stand at the weapon distance on either side of the attackee, angled at about 120o, just inside the attackee's peripheral vision.

Procedure

- The attackers aim blows in turn at the unguarded parts of the attackee.
- The exercise is started at a very slow pace, and only speeded up when co-ordination is gained.
- For more advanced training combinations of weapons should be included.

Weapons

- 1) Swords,
- 2) Sword and Shield,
- 3) or a combination of sword, sword and shields, and spears.

2) Spear

Spear warm ups and shoulder strengthening exercises

Hold the spear (palms down) shaft equally distant from the centre of the shaft, raise your arms and pass the shaft over your head and as far back as comfortably possible, return to starting position. Repeat twice more. Hold the spear in the same manner as above, raise your right arm above your head, move spear shaft back over your head, raise your left arm and bring the spear shaft forwards over your head. Continue for three turns then reverse.

Note; Make sure you have enough space to carry out this practice without causing a hazard.

Spear Parrying Practice

Practice parrying the attacks from an imaginary foe,

- high attacks;
- middle attacks;
- low attacks.

Spear Attacking Practice

Practice using the attacks on an imaginary foe,

- high attacks;
- - middle attacks;
- - low attacks.

Spear against shield practice

This practice consists of a trainee spearman practicing against an instructor armed with a weapon and a shield. The instructor shows the trainee the do's and don't of the technique.

NOTES: Ensure that the shield is not angled so that spear attacks bounce off the shield and into the face.

3) Dagger

Dagger fight is a skill that is of great use in combat mainly because it can be used in a number of situations (e.g. from single to melee combat). A dagger is a weapon which can be used in both attack and defence and can also be used in combination with other weapons.

The following are the simple rules that are used during a dagger fight, these have the effect of promoting safety as well as keeping it competitive and realistic:

- Target; Normal target, excluding the neck upwards.
- Weapon; Combat daggers, under NVG combat rules.
- Armour; Armour is worn but is assumed that each fighter is unarmoured.

Basic armour is necessary, any additional armour is advisable but the more weight you carry the slower you move.

Basic armour consists of the following: Body armour, gloves, groin protection, breast protection for women, helm (the helm is not normally required if only daggers are being used).

Using the style best suited to the combatant (e.g. ice-pick or sabre) the aim is to cut or thrust against an opponents target, while protecting yourself by parrying with your own dagger or opposite hand and arm.

The closest target of an opponent is more than often in their weapon arm, slashes and cuts to the arm would disable an opponent. Cuts can be made both forehand

and backhand across the target. Avoid sloping cut towards the neck, head or groin.

Thrust to the body should always be done with care; they are harder to pull because of the inertia involved. A thrust to the body is usually fatal if contact is solidly made, thrusts made to the arms or legs would kill if a major artery is hit and left to bleed but are assumed mainly to have a maiming quality only. Thrust are made when a opening arises, this does occur when the opponents blade has been obstructed by your parrying hand or your own dagger, and when the opponents parrying hand can be avoided creating an opening on that side of the body. Thrust should always be made with a bent arm.

Parrying the dagger away from the body is done by using either the opposite hand, arm or the dagger. Parrying with the opposite hand should be carried out with caution; it very often becomes the object of an attack. Palming the flat of blade is valid but grasping the blade is not. Grasping or holding of the hand, wrist or arm is also valid and can lead to a cutting or thrusting opportunity. Numerous combinations of movements are possible, any attack can succeed even a simple one, expect the unexpected.

4) Free Style Sparring

This type of training is for competent combatants only. The training consists of combat with opponents of similar skill honing their skills and building up stamina. Any weapon combination can be used which has historical precedent, is safe and agreeable between the combatants.

5) Grappling and Other Non-Weapon Techniques

Techniques

Grappling and other non-weapon techniques may only be used between competent combatants with experience in using such techniques.

Such techniques must never actually caused any harm to an opponent.

Examples of techniques that can be used are: trips, hip throws, grasping an opponents or polearm shafts (not blades), knees, kicks and punches.

NOTES: When knee to the groin do not actually hit the groin area but hit either the upper leg or stomach. All these blows must be reacted to accordingly.

Practice

The above mentioned techniques may included in free style sparring or practiced separately.

6) Group Combat

Group combat must be treated with more care than single combat, there are more hazards involved and all due care must be taken to reduce them.

Combatants need practice fighting beside other combats (these should be the same ones every time) to come to terms with; having to fight in cramped, awkward situations, and having to protect fellow combatants with word and deed.

Skirmishing

Fighting over rough terrain in small groups. This can involve: ambush, stalking, hiding and pitched battles. Any terrain is suitable, preferably not on an open plan.

Formation practice

Fighting in large groups needs to be practiced. Formations can be unwieldy, without proper control and trained troops only disaster will eventuate.

Practice should entail; forming up in a formation (e.g. Shield wall, flying wedge, etc.) and simply moving around, and then using the formation against other formations and flankers and skirmishers.

The Hunt

A combatant is chosen at random and escapes and is then hunted down by the remaining combatants. This can be done by; keeping visual contact of the hunted, following the trail left by the hunted or area search. The combatants may engage the hunted in combat or endeavour to capture the quarry.

The exercise may also be done with 'Projectile Combat', with the hunted in Projectile Combat armour and the hunters armed with Projectile Combat missiles.

The boundaries of the area to be used should be set before the start of the hunt.

Once the first quarry has been caught a second combatant can be chosen, and so it can continue.

7) Projectile Combat

Practice

Practice with the your Projectile combat helm on because your anchor point is further away from the face, a right hander will have to aim further to the right and a left hander will have to do the opposite.

Specific armour is worn in projectile combats and so those intending to take part should practice in full armour, e.g. the helm, gloves, gorget, etc.

Hints

Always give projectile combat arrows more height than conventional arrows because they have more wind resistance.

Avoid shooting at someone look at you; pick a target that is unaware of you. If possible work in tandem with another archer in a flanking position. Alternate timing of the shots can cause a breach in an opponent's defensive position.

When an archer is aiming at you watch for the movement of the release and then if possible pick up the flight of the arrow, and then avoid the arrow (this can be applied to all missiles). If the arrow turns into a black dot or disappears from view take immediate evasive action.

A javelineer with a large shield is very useful in attacking infantry, while hurling their javelins they can protect themselves from arrows and if so armed can attack the infantry as well.

Archers working in small groups or singly should utilize all cover and try to out flank opposition infantry.

Squads of archers can either work as one with support from some infantry or when there are a large force of infantry they should act in conjunction with that force, providing flanking, forward defensive and where applicable crossfire.

A right handed infantry using a shield is more exposed on their left side and visa versa, this can be utilized by two archers on either flank the one on the right hits the infantryman's right side which makes them move the shield to the right thus exposing their left side to a shaft on their left side.

When moving through thick bush turn your hip quiver around, it reduces resistance to your passage and damage to your arrows.

When a target starts moving it is better to draw, aim and then release as quickly as possible.

If a target is moving away from you aim high, the faster the pace of the target the higher your aim.

When you are firing at a moving target do not concentrate on the target itself but move your aim ahead of its' course. Follow your targets movements with you peripheral vision. Judge the amount of lead of your aim on the following factors;

- distance to the target,
- - direction and speed of the target,
- - the time the arrow will take to reach the target.

NOTES: The shorter the distance to the target the less lead required. If your target is moving through cover find where they will come into view and draw and aim forward of their exit point. When the target breaks cover, release.

Formations

Firing at formations needs to take into account that there are a large number of targets in one area and most will be using shields. They would expect most arrows to fly straight from the archer, so archers should fire lob shots and at an angle to the formation. Archers should be split in the way of firing and timing so a continuous rain of arrows falls on the enemy formation.

8) Javelin throwing

Technique

Sit the shaft of the javelin at its balance point in your open palm, with the head of the javelin on the little finger side of the hand. Hold the javelin shaft with the fore finger and thumb and rest the shaft diagonally across the palm towards the heel of the hand.

Extend the throwing arm straight behind you. Step forward with the foot opposite your throwing arm. Raise and bend the throwing arm upwards over the shoulder of the throwing arm. Bring the hip on throwing arm side through. Cast the throwing arm forward at the intended target. Put the tail of the javelin through the same space as the head went. Keep the hand flowing in a straight line towards the target. Step forward with the foot on the throwing arm side.

Practice

For real (sharp) javelins proper targets should be set up, no live trees should be used and safety should be of prime concern.

For 'projectile combat' javelins a number exercises can be used to practice their use. Distance throwing only needs enough space away from the public. End to end javelin throwing without trying to hit each other is useful. Using combatant in 'projectile combat' armour and having the javeliners firing from a line at the on coming combat is useful.

9) Display combat

Falling Down, Dying and Taking Blows

Display Combat is slower and more pronounced in movement and expression than normal combat. Dramatic presentation is much more interesting for the viewing public.

The simple act of falling down is harder than it seems, especially in a melee situation and to do it with safety and reality. I firmly believe that you have to be able to fall safely before you get thrown or when you have to take a fatal blow and have to hit the deck.

Falling over or down is something we try to avoid in our normal lives but it's a part of our displays which often lacks realism. Think about the way you portray dying, the way you react to a blow and the consequences of it. The way a real

dead body is normally limp and exhibits a complete relaxation of bodily tensions. The audience has seen various movies where there is death by violence and therefore we need to have some level of competence in enacting such scenes.

The act of falling down and the act of taking blows does depend on how and where the blow lands and what weapon is used. Falling down should be done with realism and safety, being aware of your surroundings (you do not want to fall on somebody else or weapons or other objects on the field of combat). The major consideration is of the direction of the fall, according to Newton, to every action there is an equal and opposite reaction. So for example, if you are speared in the chest you should fall over backwards, or if hit in the helm by a downwards sword or axe blow you should fall straight down (letting your legs collapse under you), and of course if you struck from behind you should fall forwards, etc.

Figure 1

<- direction of blow

-> direction of fall

Practice for Safe Falling

Safe falling needs to be firstly practiced out of armour then in full armour. If you hurt your self doing this without armour it will get worse in armour because it restricts your movement and flexibility.

- 1) Practice "Dead falling", which involves hitting the ground in a controlled manner. This should be practiced using the softest surface available. Just let your body go limp, tuck in the limbs and your head and roll where possible. Practice this from a number of position (eg. the defensive and offensive fighting stance).
- 2) When you are satisfied that you can do the above practice with safety put on your normal armour and repeat the above exercise. Take into account the movement and shape of your armour.
- 3) Then repeat the second step while holding your arms, sword and shield, spear, etc.
- 4) When step three is mastered work in pairs taking turns to strike each other and take the blow, reacting in the appropriate manner.

Practice taking both maiming and lethal blows.

This exercise should be especially practised before any display.

10) Wrestling

Basic Rules and Techniques

This section deals with the type of wrestling conducted within the Guard and the Australian Re-enactment Movement, with explanation of the basic techniques and rules, terminology. A written article is certainly not the best fashion to convey the whole picture regarding the subject, only first hand experience can successfully accomplish that.

Wrestling is the oldest sport known to humankind, and is practiced throughout the world in many forms. At present, there are two main forms practiced within the NVG and the Australian Re-enactment Movement, which are; loose wrestling and position wrestling.

Loose wrestling involves throws and moves using all the limbs (as opposed to "GRAECO-ROMAN", which only involves only throws and moves from the waist up). The aim of loose wrestling is to put your opponent on their back, with both shoulder blades touching the ground for either a single contact or a period of three seconds. A variation of loose wrestling is were the object of the game is to make your opponent touch any part of their body on the ground other than their feet.

Basic Rules

The following shall not be conducted during a wrestling bout, or the offender shall be expelled from the competition or some other penalty shall be applied, depending on the severity of the incident;

- blows,
- strangling,
- bending of the joints the wrong way,
- constriction of blood flow,
- use of pressure points,
- pulling of hair,
- spiting,
- scratching,
- biting,
- interference with body parts,
- unduly rough treatment of opponent,
- and the use of clothing for leverage.

Competitions should be run in a safe manner, with regard to the wrestling surface and competence of the combatants, e.g. Some throwing techniques should not be used if the surface is too hard, or if opponent have little experience in wrestling.

In regard to judges; competition bouts should be overseen, hopefully by someone with some experience; judges rule on the winning or losing of a bout. Halting of a bout, by a judge should take place if:

- one opponent successfully defeats another;
- the combatants leave the wrestling area;
- the combatants endanger themselves or others;
- conduct infringing on the 'shall nots' occurs;
- an injury occurs to either opponent.

A halt to a match may be called by either of the competitors.

Basic Techniques

This section covers the basic techniques in loose wrestling, to begin with there is the various starting positions, then a number of moves, of which there are hundreds to choose from.

Starting positions.

- A. Both opponents standing upright facing each other.
- B. Or both opponents stand upright facing each other. Place your right hand behind your opponents neck and hold your opponent's elbow of their right arm, while they do the same thing to you.

Double leg take and trip

- A. Swiftly advance, place your advanced foot on the outside of your opponent's foot.
- B. Kneel down as you advance and wrap both your arms around your opponent's legs.
- C. Lift your forward foot and place it behind the opponents adjacent heel.
- D. Push with your shoulder and use the pivot point created by your foot to put your opponent on their back.

Bear hug and trip

- A. Reach inside your opponents arms as you advance, encircle their body and grip your hands together, using a monkey grip, do not interlace your fingers because you will break them.
- B. As you advance place one of your feet outside that of your opponent's, move that foot to behind your opponent's foot.
- C. Using your foot and leg as a trip move forward and push them over.

Leg pick up and trip

- A. Reach down to your opponent's foot and place both hands about the ankle, and then lift the foot sideways and up towards yourself.
- B. Place the leg under your arm, and then hood that arm around the leg.
- C. With your opposite foot (to the arm used to hold your opponent's foot) step inside and just behind the foot of opponent's other leg.
- D. Kneel down on the leg placed behind your opponent's foot, at the same time as pulling the trapped leg away from your opponent by twisting your body.

Hip throw (an advanced move)

- A. Start this move from 'starting position A.', clamp your opponent's extended arm against your body and under your arm.
- B. Step across your opponent with the foot which is opposite to the side the opponent's arm is held, to the outside of the opponent's leg.
- C. As you make the step in 'B' move your hand that is on the back of your opponent's neck to further around, placing your hand under the opponent's clamped arm's armpit.
- D. Bend and kneel on the leg stepped through in step `B', as you do that push your hip into your opponent.
- E. When your opponent is thrown use the opponent's arm, head and neck to control them, pushing your weight back on them also helps.

Half nelson and inside leg roll

- A. When an opponent is on their hands and knees in front of you, kneel down facing their side at, with the knee to the rear on the ground while the other still up.
- B. Put your weight on your opponent, to control their movement, by putting your chest and shoulder on their back and leaning.
- C. Slip your hand nearest to your opponent's head in under their closest arm, then up between their neck and shoulder, and place your hand palm down on the back of their neck.
- D. At the same time as step `C', reach in and under the opponent's belly and between their legs, grip the outside of the far leg.
- E. In unison, push with your chest and shoulder at the side of your opponent while pulling the far leg towards yourself and pulling the head down with the hand on the back of the neck.

The pin

The pin is what you hold your opponent on their back with both shoulder blades on the ground for the allotted time, using those moves mentioned or any other legal and conventional means to get your opponent on their back it is then necessary to `pin' them. This can be done by using any number of hold variations but basically you need to control their movements as well as utilizing your own weight, eg. chest to chest.

11) Archery practice.

Aims

- To shoot more accurately.
- To shoot more powerfully.
- To shoot more rapidly.

By healthy competition, constant correct practice and good instruction the above mentioned aims will be achieved.

Accuracy

For beginners the targets should be wide and high. If they continue to miss they may lose interest. Later on the width of the target should be reduced gradually to about a person's width.

NOTES: While they may miss off to the sides their height should not be far off after the first lesson.

A different type of target can be used with holes in it of varying sizes. The larger holes should be shot at first, then at the medium sized and finally at the smallest holes.

Moving targets should also be used both natural or artificial to improve the archers accuracy, such as; armoured combatants for projectile combat, balls or some object pulled by cords some safe distance away.

Power

Power in archery is gained by the archer doing work on the limbs of the bow by drawing the string back storing potential energy in the limbs of a bow (compressing the back and stretching the front of the limbs of the bow). On releasing the arrow that potential energy is turned into kinetic energy (moving energy) by the limbs of the bow returning to their normal state, transferring that energy to the arrow via the string. The power of the shoot is measured by the amount of work done on the arrow by the string divided by the time it takes.

To increase the power of fire there are a number of things that can be done to achieve this;

- use a more powerful bow,
- use a longer arrow,
- or reduce the amount of friction in the technique of release (by perfecting the release technique or changing the style of the release used to one that has less friction).

For target archery, a more powerful bow will shoot flatter than a bow of lesser poundage but will require diligent practice to build up the extra strength and stamina that will be required to use it for extended periods (eg. competitions). Weight training and good finger protection are recommended if you are contemplating increasing to a heavier poundage bow.

Practice

Longer arrows can be used but they should not be too big for your body to draw properly (proper arrow length is usually denoted by the distance from your chest to your extended and joined finger tips, also the anchor point where your draw the arrow back to, eg. chest, mouth or ear, should be taken into account. Also bows are rated to a certain poundage for a certain draw length and you should not over-draw that bow length.

In projectile combat there is a set maximum bow poundage and a set maximum arrow length (see NVG Combat Rules), so the only way of improving power in projectile combat would be to reduce the friction of release, making it smoother reduces the time taken therefore increases the kinetic energy.

NOTES: Drawing the string back using two fingers rather than three draws the string back further and thus fires the arrow with more power. When using the two finger draw press the thumb upon the index finger.

Speed of Fire

To be able to fire at a high rate it is less a matter of technique but more concerned with constant practice.

There are two ways of practicing for rapidity of fire and they are as follows:

- 1) The archers stand in one line facing a target with their arrows distinctively marked. Over a prearranged time period the archers shoot as accurately and as fast as possible. At the end of that time then the number of arrows for each archer are counted.

- 2) A set of targets are spaced out along a line parallel to the firing line. The archers should move along the firing line at a certain pace firing as rapidly as possible at the set of targets. A count should then be made of the arrows belonging to each archer, after each pass of the length of the firing line or a certain number of passes.

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