



The Medieval Dagger (Mastering the Art of Arms)

Guy Windsor

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The term 'medieval martial arts' conjures images of armoured knights wielding sword, lance and axe. While the image is correct, at the foundation of knightly combat was a sophisticated form of close quarter combat, centred on fighting with - and against - the dagger, a deadly weapon of both self-defense and last resort. In *Mastering the Art of Arms, Volume One: The Medieval Dagger*, Guy Windsor presents a complete guide to the principles and practice of Italian dagger combat, as set down in *Il Fior di Battaglia* a manuscript written in 1410. Readers are guided step-by-step through the process of mastering this six hundred year old art, from choosing a dagger to striking with it; from guard positions to steps and turns; from disarms to locks and takedowns; from safe falling practice to formal drills, and finally pressure testing their skills with sparring. Both a primer on the art and a methodology for on-going training, this book will give the complete novice a solid starting point, while providing useful drills and ideas for advanced martial artists. Those who study other traditional knife arts, and modern military combatives, will find many familiar techniques present in this ancient system.

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