

HEMA YEAR-DO-BOOK

2025



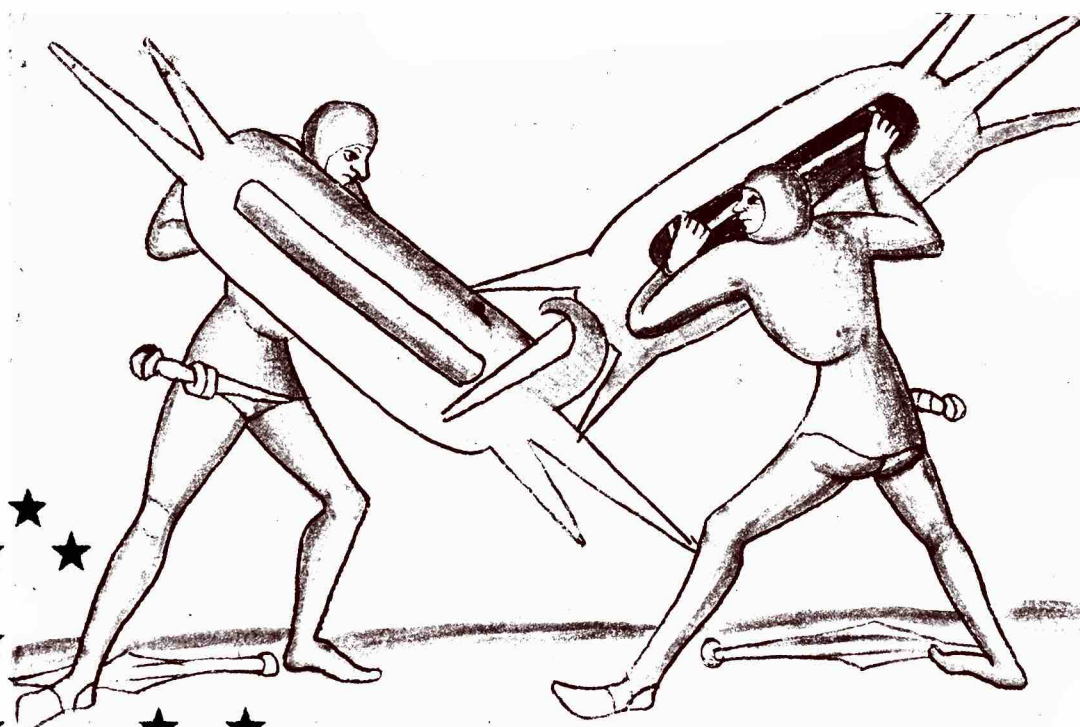
Full of puzzles and activities!

It's fun, really!

2025

HEMA *YEAR-DO-BOOK*

Full of puzzles and activities!



Where did my gear go?

Will you help me find all the missing gear pieces?

C	V	X	S	O	C	K	S	K	G	T	S	P	P	C
P	A	U	T	T	O	Q	U	E	O	E	U	R	I	H
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U	G	L	E	G	J	C	R	X	E	E	A	D	T	T
K	I	G	A	B	D	R	O	W	S	F	Y	S	L	O
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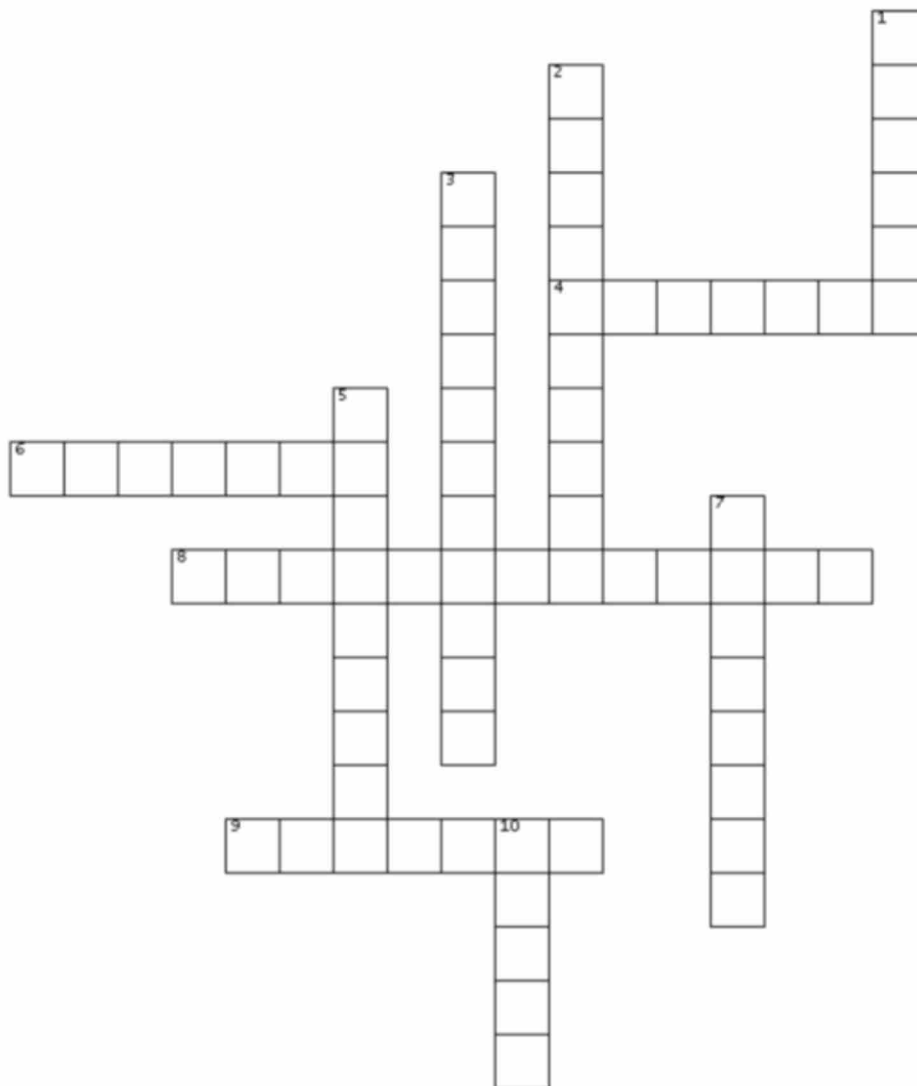
Bottle
Duffelbag
Fencingmask
Kneepads
Pants
Sportshoes
Towel

Buff
Elbowoverlays
Gorget
Lightgloves
Shinguards
Swordbag

Chestprotector
Fencingjacket
Heavygloves
Maskoverlay
Socks
Toque



Polearm finder



ACROSS

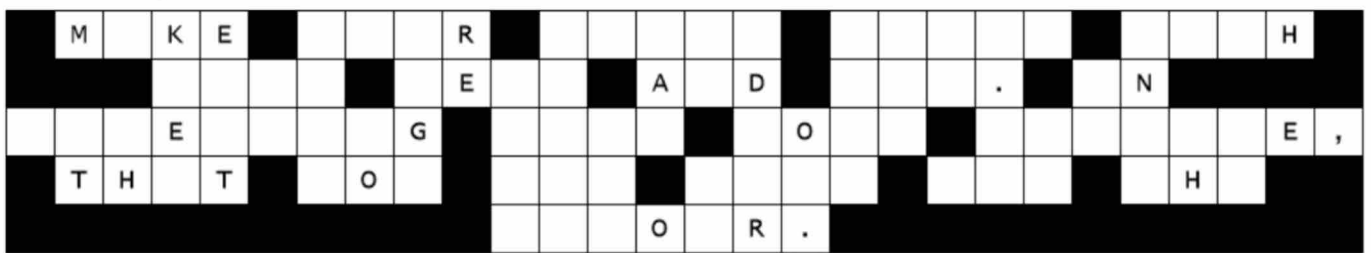
4. a medium length polearm developed to fight against armor with a spike at the butt end and at the head an axe blade, a spike on top and a hammer or beak at it's back
6. a three lobed blade with a long strong spike in the middle and two sideways curving blades on either side of it
8. a long hafted strong axe blade
9. complex head with a cutting blade at the front, a spike on top and a sharp hook on it's back with langets securing it to the pole

DOWN

1. long sharp blade at the end of the pole
2. a long spike with a rondel guard at it's base
3. spikes in multiple directions at the base of a long spike
5. a very thin and long forward curved blade with a secondary thin spike portruding forward
7. a long and broad spearhead with two protrusions at the base of the blade
10. a strong cutting blade with the tip curving downwards in a hook. The top protrudes into a forward spike and on the back is another straight spike facing away from the cutting edge



Vadi and his feet



O
 R W T T T A
 Y U E I N R A O G A M E T E
 A Y N D I N U M A Y H N G A R R L E I W I R
 D E F A O U Y O F H H E A U T K E D M E L A S U T



Armour hunter

ALODUPNR

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TAEELS

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EVBOR

2214

ESBELATPRAT

10

CDABREGAR

1821

OGNIMANRPIT

3312820

PLRACDA

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LDFUA

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ACPDALR

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TOURCE

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REEERBACR

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BCAVAREM

2532830

ETUILL

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UAGTLNTE

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USESIC

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ONYPELE

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RGAEVE

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SETEOLR

1115191724

W

12

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56

H

7891011

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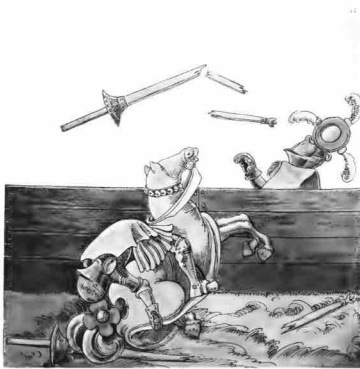
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Freydal sigths

The sports commentator of the Freydal games has withdrawn due to acute metal poisoning after a game of dice.

Can you take over his role and provide commentary for these moments from the tournament?



Ged'gawns' tennovald



Twiggstn



Ged'knefel' vonn' pegg'



Praf' Albiest' vonn' gellens'

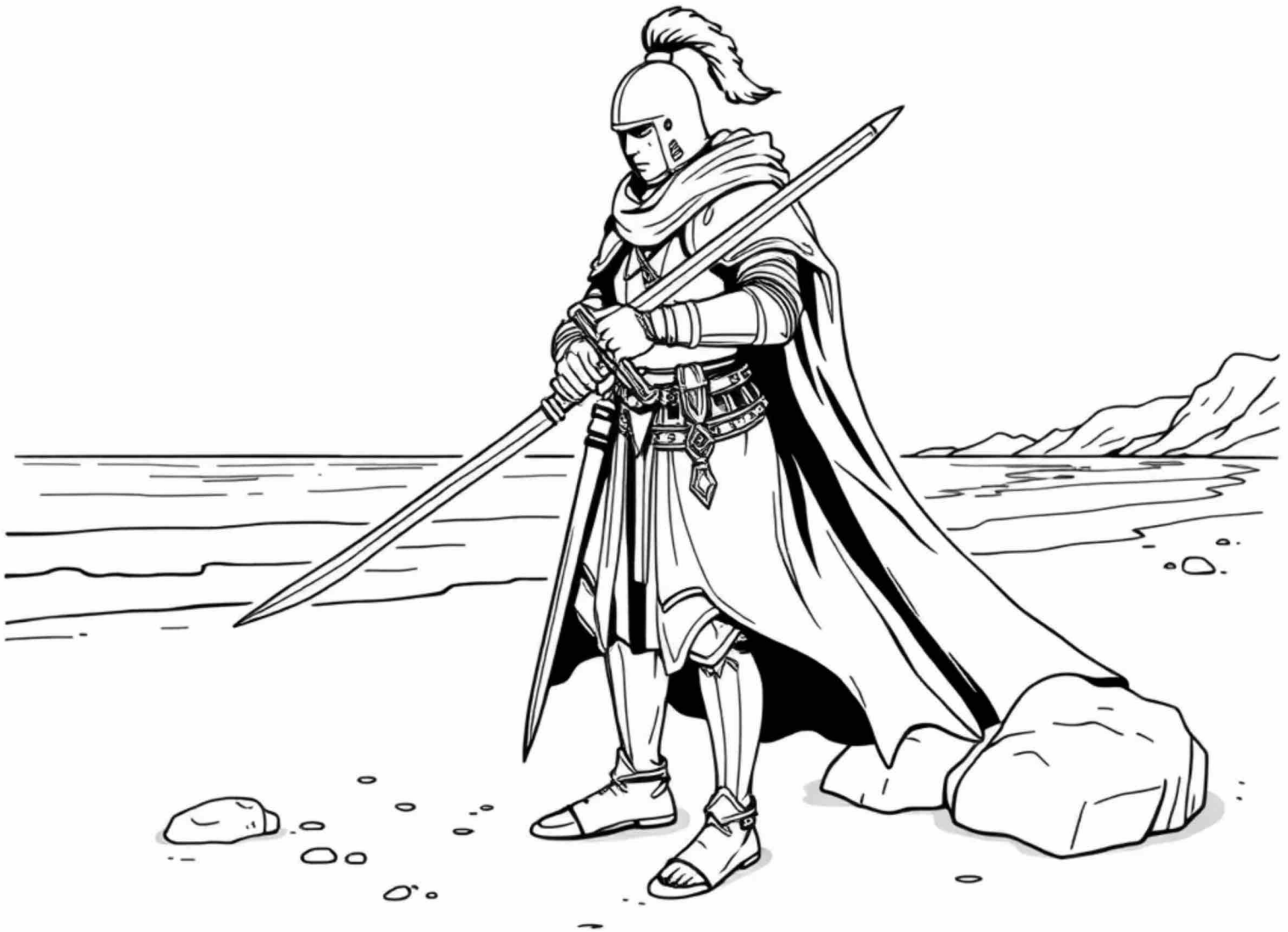




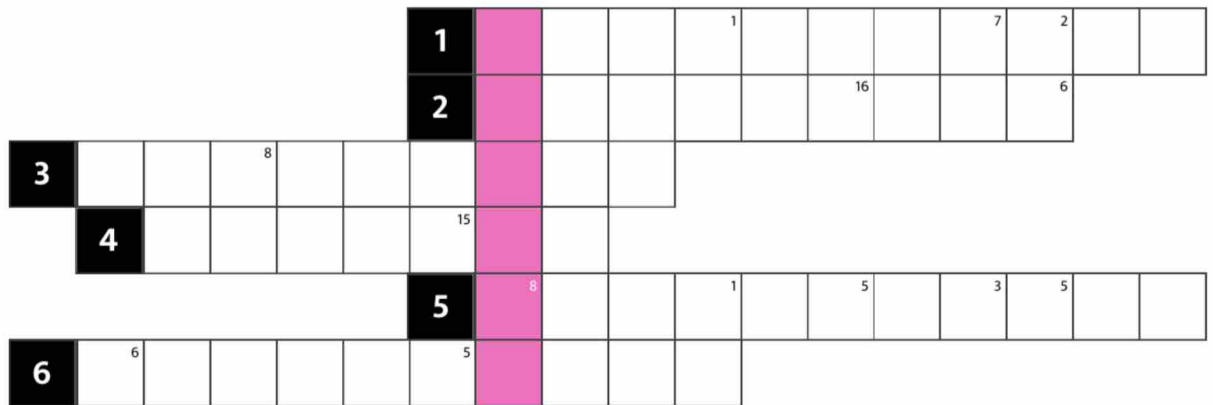
Praf' Bass' vonn' d'jard'fest'



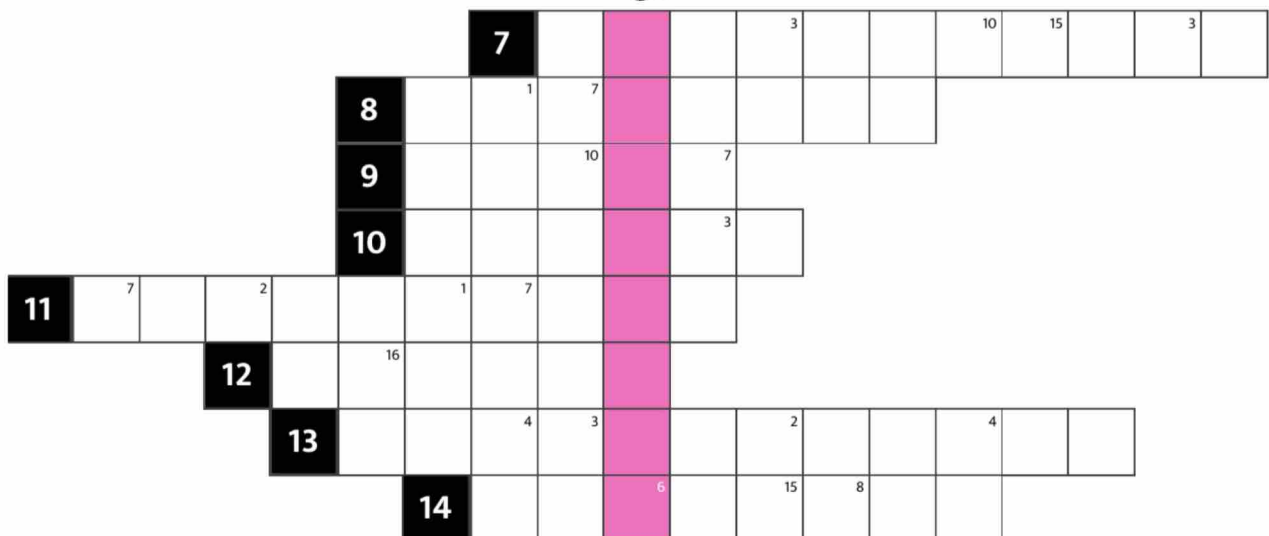
The 'what the frick am I looking at' colouring page



Bucklers and Swords



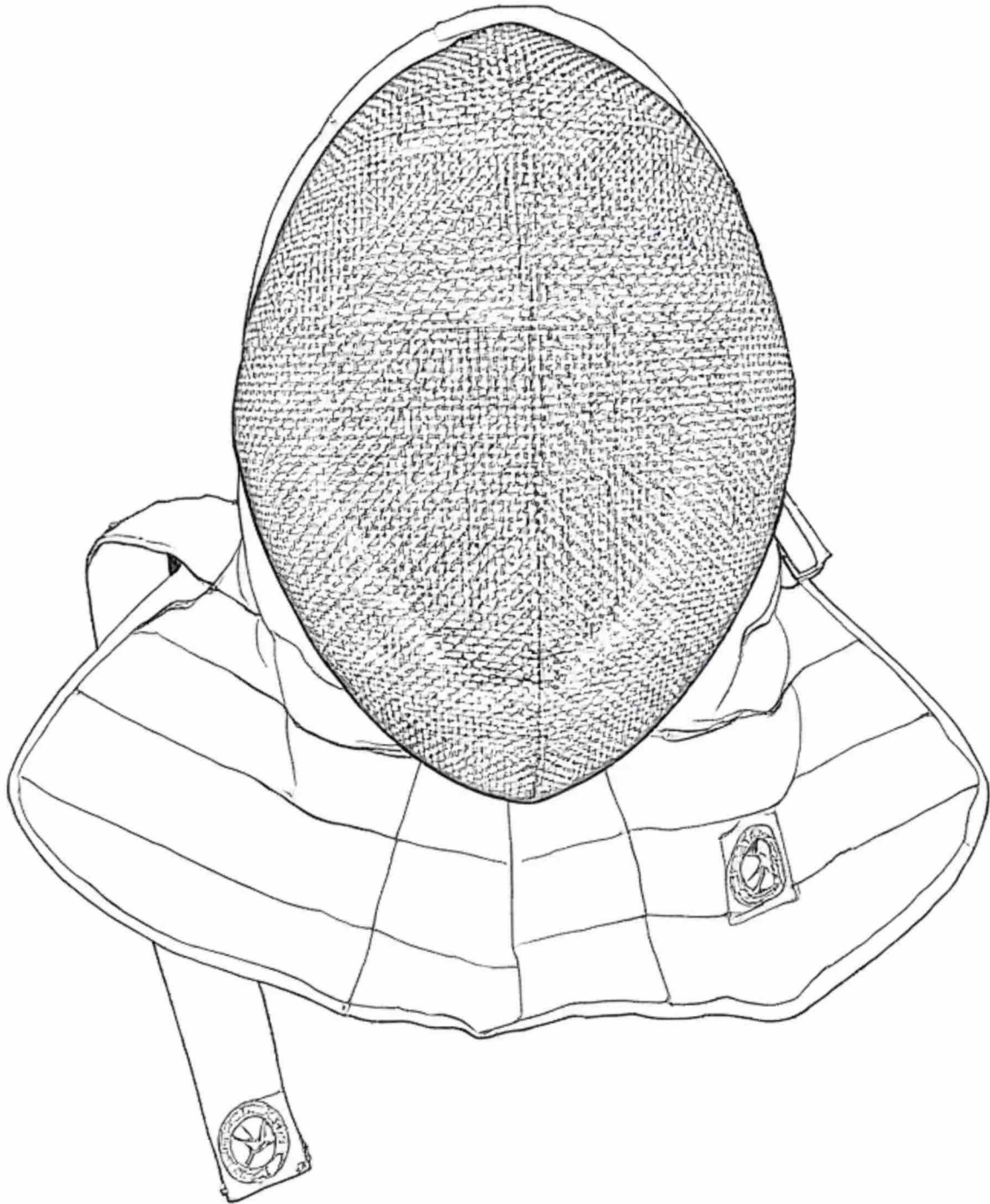
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- | | |
|--------------------|-----------------|
| 1 Stab-blow | 8 Protect |
| 2 I.33 | 9 Stab |
| 3 Fiddle-bow | 10 Nudge |
| 4 Longpoint | 11 Half shield |
| 5 Stepping through | 12 Crutch |
| 6 Shield-blow | 13 Fool's Guard |
| 7 Postures | 14 Ward |



Design your own mesh art



The club of Paulus Kal

Decypher the names and find the list of Paulus

SCLEOHRNUHNATIAEJEEN

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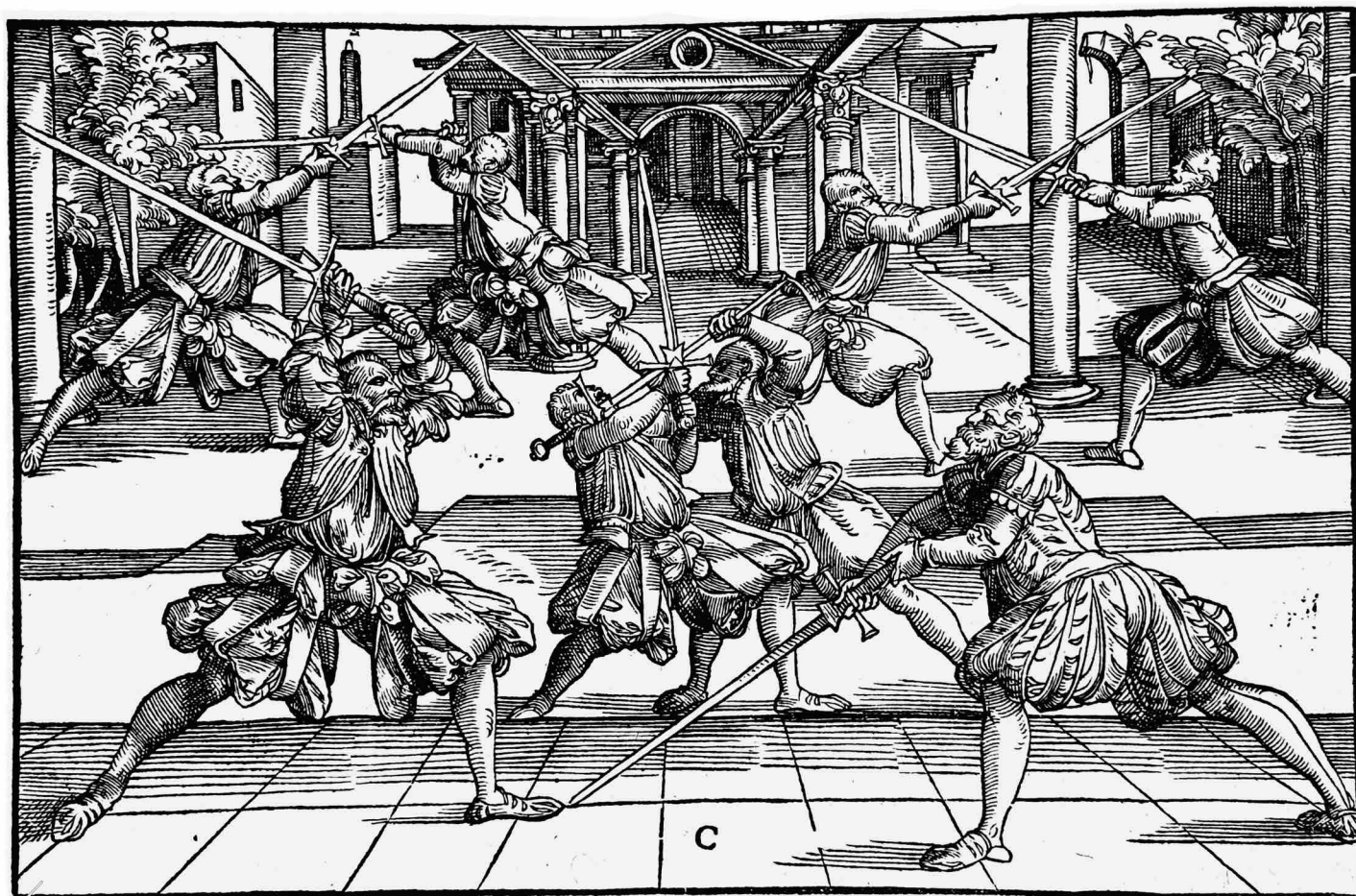
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Find the differences



MLWF seeker

Q A A H W Z Y U F L L G Y C K N R W L B A M V P V S J M R N A F W Z H
 Q Z G H E Z J K W K O S A M R L D C W C N L X G D K A T B R Z P A M C
 O C H S C X N E Z T U H C S U I J S X X S G W J J T M H E Q Z J H F S
 I Y J O K N K J F U Y A J K K M T N E M W B P R B E P M R T G S Y Y Y
 H Y Q A E J Q E H H V N Q P P C I H N R C C H L R D K G N A F A D W D
 I A M L R Z M M Z L Q R G G H E H K I W N E G O B H E C K P K K A K K
 G Q Y Y E Q N C I E B I P T A Q M Q Y R I L W K J X N S U K H N K H G
 Z K K I R N N O W T L O A L U B G U R B T N A H Y L H Y Q R W C S H Q
 A O P E Y E S N Y T A H J T W H I A I E J Y K G P F V W G S K D W T O
 N E B E N H U T P I G N U Z T A S R E V B T T E J I Z P Y B I U N H N
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 S Z P P T E C A S C H C K A S P Z A Y R W O T Q R T Z E Z L F O B B S
 H U F Y E T F R T D M Z L O H P C E G V G S N V Q E X S M K U C N A C
 B W B U M S R I E H O P M S Y V G R X P W X R A J I E S I M M G Z W F
 G A S A T Q B A I X S M J R K G N I J F M S L V M B G E G A Z E W H X
 I S M H O O Q Q S C R P Y H X T Q E J Q C R R H L O D M N J G R A C I
 P H L E C K U C H N E R X U R T J M D U J E Y K H L T D P N C E L A P
 K Y F T V B N I L D R C H M E Y H G S I G W L V H F I T U E O I P L S
 Z Q W U A H L E D I E H C S Y R E T S N E F H C E R B Z O D N P U S S
 B E N A O T Z Y K B I B O Y E B O N I S R N A V I Y A Y R S U A R H B
 A Z D H S E C O N D A S P R M D Y W F E F L H T U S J O N W A R G C J
 F O S G N U U D R V U H I R I K Z Z S A S Z T C R Z W Q Q Z C W I I B
 G E F F E R H A U N I W H A T A M S B T H O H E S S I D O T N P S T Q
 O S R E V I R Z I N H E I A O R E G L S W G V Y S B N W F C L W J S S
 T K T Y Q W O I N G X U R A I M O I M H N L D N B W A N M P D C L F E
 S E F U L O V R E I T S T L S K H T S G E V J D G E T L U Z W A R F T
 E Q R A G O P L I D I V E G A C U N E N F Z M E B C W C K C N Q P D N
 W M K Z V K E D A H L W E A S G B P S G W B D I R H H I W G H W T L A
 P U Q Y A H N D X U G I M C A J E T C T N R Y S E S T E O R S E T E T
 B U C K L E R B G X R I E W U K U R A C O A E E R E A R Q C Y R N G N
 N T J X J V A I S K R P A T D C J G Z W U Z H N I L T T H E L G P Y O
 X U M H K W N J T P F Y U U K P R H S X A Y N P O O W I C Q W I G Y M
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 C L F J L K Z U S B K P Y A K J N K U K T N W R R L P H V S L X H S Y
 J X G A R Z Z V B N Q Q L A T O I Y S F S V F T H K W S R I J M T I Y
 Y R N W E V G W A F U O T S L R K E Z Y U Z N A D U R C H T R E T E N
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 T R Y N L M H E C R I E R V L G B S U G T W G C J X G E L A A O G V E
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 B I L S S J N T O Z V H M E T P C I W S E V W R Y L V S A J L V X O Q

Abschneiden
 Buckler
 Durchtreten
 Eisenport
 Gefferhau
 Ithirtythree
 Krucke
 Leckuchner
 Lucta
 Messer
 Montante
 Ochs
 Pflug
 Rapier
 Schielhauw
 Schutzen
 Stechen
 Sword
 Versatzung
 Vierlager
 Wecker
 Zwerch

Bogen
 Contraria
 Eber
 Entrusthau
 Halpschilt
 Kriegsmesser
 Krukphauw
 Lenstuck
 Luginslandt
 Meyer
 Nebenhut
 Olber
 Prima
 Verso
 Schiltslach
 Seconda
 Stichslach
 Tag
 Versatzung
 Walpurgis
 Winker
 Zwinger

Brechfenster
 Custodia
 Einhorn
 Fabris
 Hangetort
 Kron
 Langort
 Longsword
 Mandiritto
 Mittelhut
 Nuchen
 Pastei
 Quarta
 Scheidelhauw
 Schrankhut
 Sottomano
 Stier
 Terza
 Vidilpoga
 Wechsel
 Zornhut



Fiore's hogs

t s a	n d s	I k n	t h r o	h e B	w n l	v e r	s , a
h o w	w o r d	t o	e v e	r y t h	, a n	s , a	d I
w a y	k n o	s k f	l c u	n d d	h r u s	o a r '	o w t
i t h	f r o m	r e c o	a n c e	k n o w	r n a	t s ,	i n g .
o t u	o w h	I w a	w a l	o r I	s T u	a n d	i n t
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I k n							
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Where do these weapons originate from according to Mair?

Sarmatians, Huns, and other peoples	Long Pike
The ancient Germans	Sword
Romans and Persians	Short Staff
Not very old	Dagger
The good people of Sparta	Halberd
The fighting women called Amazons	Flail
Amazons, convincingly reported by Aventinus	Dussack
The age-old main piece	Scythe
The ancients	Polaxe



Rulefiddling DLC edition

Find the 15 edits to this page from the
DLC 2025 ruleset



DLC Ruleset

2025

Targets

Deep targets

Cuts, thrusts and slices to the head and neck, down to the end of the clavicle, and thrusts to the torso, down to the top of the bicep and down to the wishbone.

Shallow targets

Cuts and slices to the torso + Cuts, thrusts and slices to everything else that is deep and illegal target.

Scoring actions

Scoring actions are cuts, thrusts and grapples. You may end them rightly with the disassemblable Sigi feder. All of these can be of insufficient quality to score. In all cases, whether an action scores is up to the discretion of the referee, though they may ask their juggalos for input.

Thrust quality guidelines: thrusts must visibly hit their target and preferably show a heavy bend to the blade to indicate some pressure before being pressed. In cases where the thrust slides off the surface it hits (such as the mesh of a mask or smooth plastic protectors) it is up to the referee's discretion whether it is a goal. When someone hits with a thrust to the hand while this hand is being held close to or against the torso, the referee may choose to count this as a hit to the torso.

Cat quality guidelines: cuts should have some amount of arc to it and hit with the flat edge of the blade; hits with the edge are not counted. A cut where the point makes contact but the arc of the blade is stopped by contact with the fencer is of insufficient quality to be scored.

Grapple quality guidelines: The fencer should have some control of their opponent (and be able to indicate or place a hit with either their point or edge) or be in a clear position of dominance. They are allowed to grasp their opponent's sword or arm for control while they indicate or place a hit with the pommel or cutting edge of their thrown sword. Throws and disarms should always be performed with a degree of control.



Ott's grappling truth

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
		22	15	7								13					18					6			

E E R W R E M C

7 20 7 18 25 6 18 7 4 23 10 12 19 8 13 3 4 23 22 1 19 4 12 4 23

1 11 R E E E R E

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12 4 4 14 12 10 10 23 24 7 4 7 22 1 19 15 1 19 7 12 4

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E R E R C

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C E R

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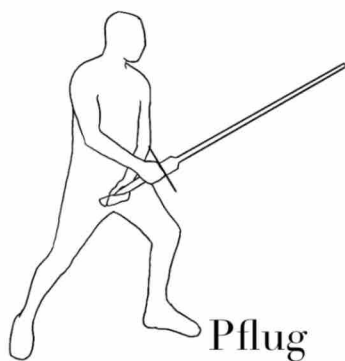


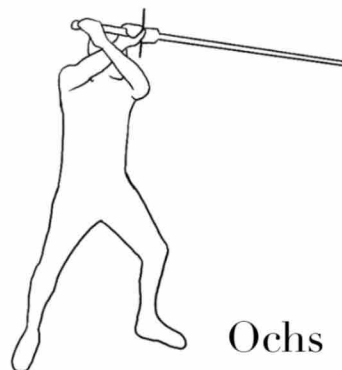
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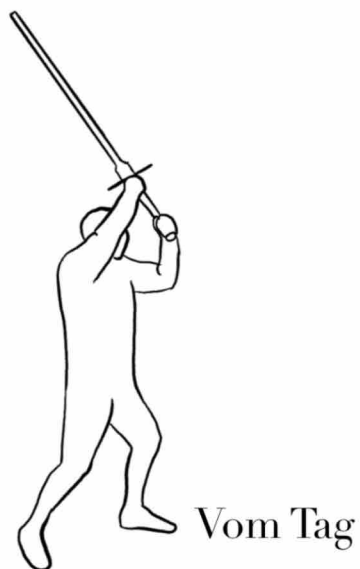


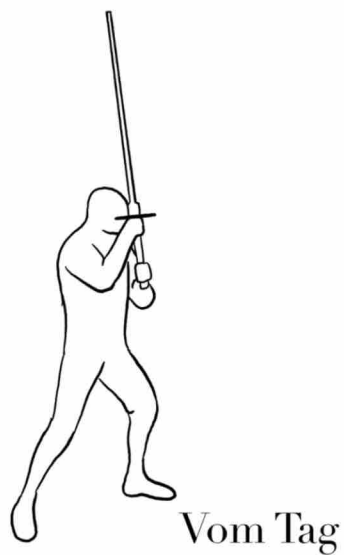
Guards! Guards!

Whats going amis with these guards?



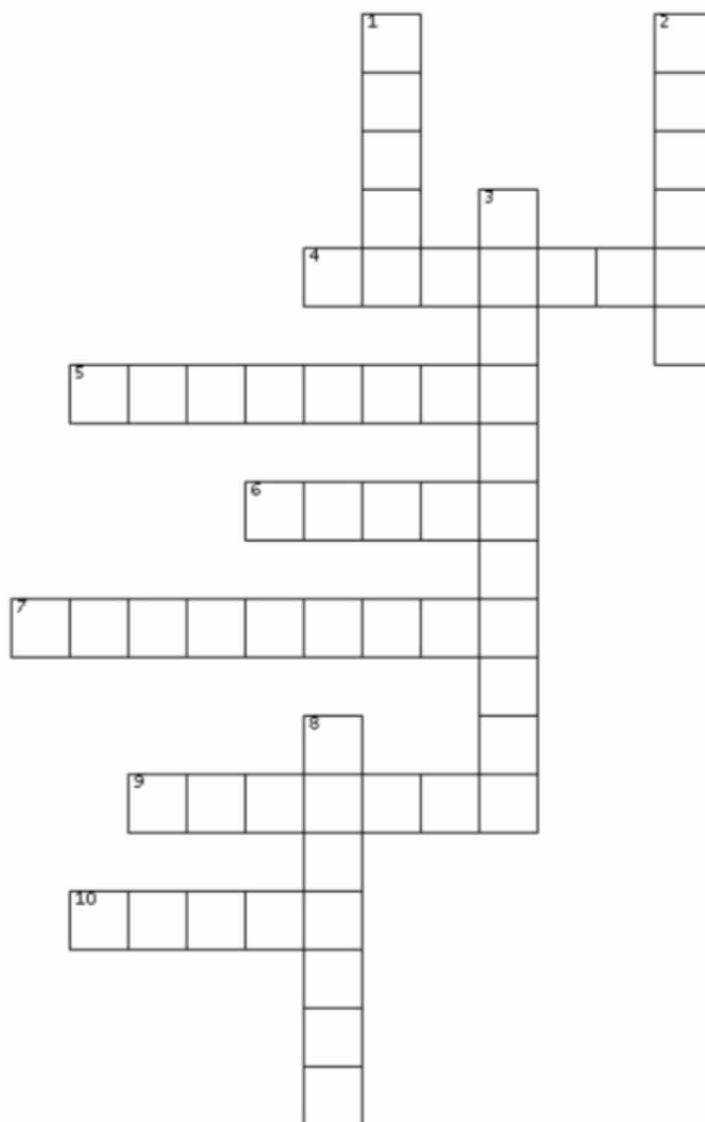








Word-jousting



ACROSS

4. guard where the knuckle bow faces 3 o'clock
5. fencing master from South Netherlands who wrote a manual in 1628
6. a guard that divides in the middle
7. the response to the gain of the sword
9. Where the thumb is held
10. core concept of Italian fencing

DOWN

1. part of the blade that you prefer
2. Derived from espada ropera
3. simultaneous attack
8. author of Opera Nova



Surprise, a Walpurgis!

Dirigenda q^{ue} h^{ab}et resu^m custodia p^{ri}ma. videt^{ur}
locata iⁿ humo dext^{re}. E^t noⁿ q^{ui} regentis custodi
sary ducet h^{ab}et p^{ri}ma q^{ui} cu^m regenti custod
diu requib^{et} h^{ab}et m^ultimo q^{ui}no.



What other characters are depicted in MS I.33?



Choice of arms

Who wrote about what weapons?
Connect the masters to the weapons.
The answers can overlap.

partisan	shield	pollaxe	mounted fencing	halberd	rapier and square shield	sword and buckler
bill						rapier and dagger
sword in armor						rapier
wrestling	Salvator Fabris	Joachim Meyer	Pseudo Peter von Danzig	Peter van Danzing zum Ingolstad		short sword
dagger	Hans Tallhoffer			Ott Jud		spiedo
javelin	Giacomo di Grassi			Phillipo di Vadi		spear
messer	Sigmund ain Ringeck	Johannes Lecküchner	Achille Marozzo	Lew		longshield
dusack						two handed sword
	double rapier	longsword	rapier and round shield	pike	flail	staff
						cloak



Who's sword is it anyway?

Improv party questione for hemaists

SCENES FROM A HEMA CLUB

- *Things you shouldn't say to your opponent right before a bout.
- *Bad ways to explain HEMA to your grandma.
- *Rejected names for historical sword techniques.
- *Things you can say during sparring, but not on a first date.
- *What happens when your federschwert develops a mind of its own.
- *Bad translations of medieval fencing manuals.
- *The worst possible advice to give a new student.
- *Things you shouldn't yell at a tournament judge.
- *Things you can say during wrestling, but not to your boss.
- *How a fencer from the Middle Ages reacts to modern protective gear.
- *You order a new sword at the wrong HEMA store.
- *Explain HEMA... badly.
- *Describe your last tournament in one dramatic sentence.
- *Invent a fencing style based on a household object.
- *Name a sword technique that sounds like a cocktail.
- *Interprets everything as a sword technique.
- *Is allergic to steel.
- *Believes HEMA stands for Healthy Eating & Martial Aerobics.
- *Thinks they're a rapier fencer trapped in a longsword world.

PROPS GAME

- * "This isn't a fencing mask... it's actually a ___!"
- * Use a sword bag as something completely different.
- * Demonstrate the most impractical use for a longsword.
- * Show the wrong way to use protective gear.
- * Convince the audience your federschwert is actually a musical instrument.
- * The wall is an opponent you must duel.
- * Demonstrate a "new martial art" using only a chair.
- * Pretend your glove is a very angry squirrel.
- * Your fencing jacket has gained consciousness.

QUESTIONS ONLY (alleen met vragen antwoorden)

- "Did you really just parry with your edge?"
- "Is that a thrust, or are you just happy to see me?"
- "Should your foot be there?"
- "Was that in the manual, or did you just make it up?"
- "Do you even remember which Liechtenauer verse that was?"
- "Why are you quoting Fiore during warmup?"
- "Are you sure that's historical?"



Match the date with the manuscript

Walpurgis
Fechtbuch

1460-85

Le Jeu de la
Hache

1599

La Scientia
della Spada

1320's

Paulus Kal
Fechtbuch

1600-
1609

Albrecht Dürers
Fechtbuch

1512

Paradoxes of
Defence

1404

Il Fior di
Battaglia

1460-
1514



Meyer inbetween... or indes?

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
6							9							4	25				19						

T

H

19

9

2

21

T

H

19

9

14

T

T

10

5

19

19

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22

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21

O

11

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24

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14

21

A

6

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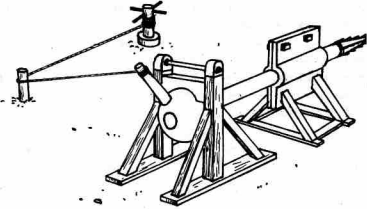
10

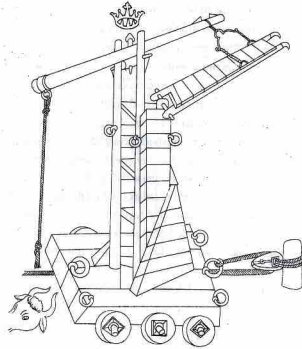
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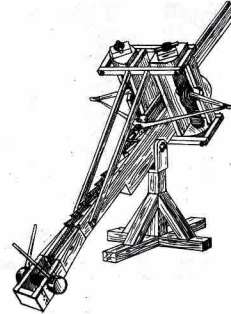
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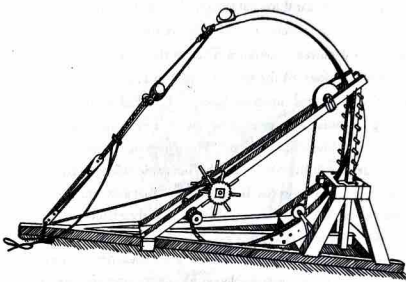
Name the siege engine

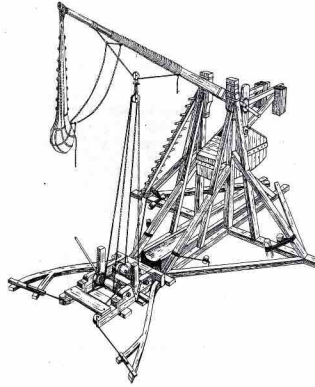


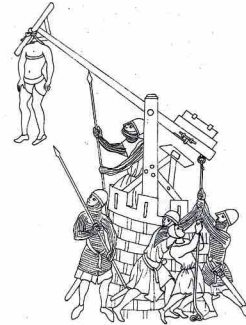


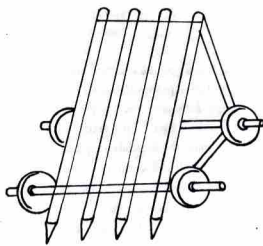


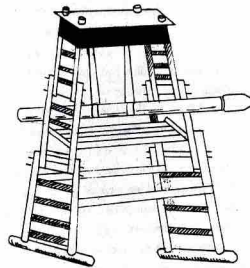
Espringal
Siege tower
Einarm
Siege ladder
Borer
Trebuchet
War crane
Lithobolos
Battering ram
Digging tortoise
Balista
Canon

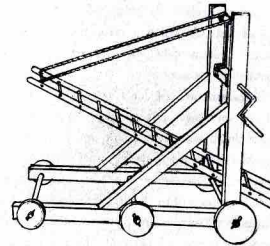


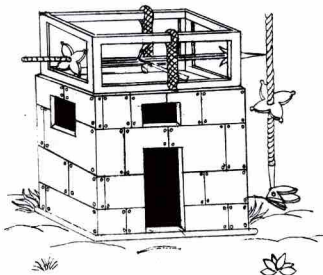


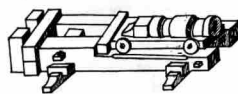


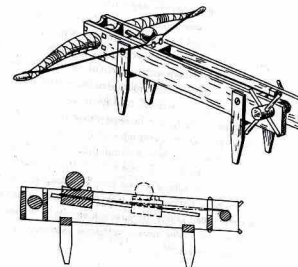






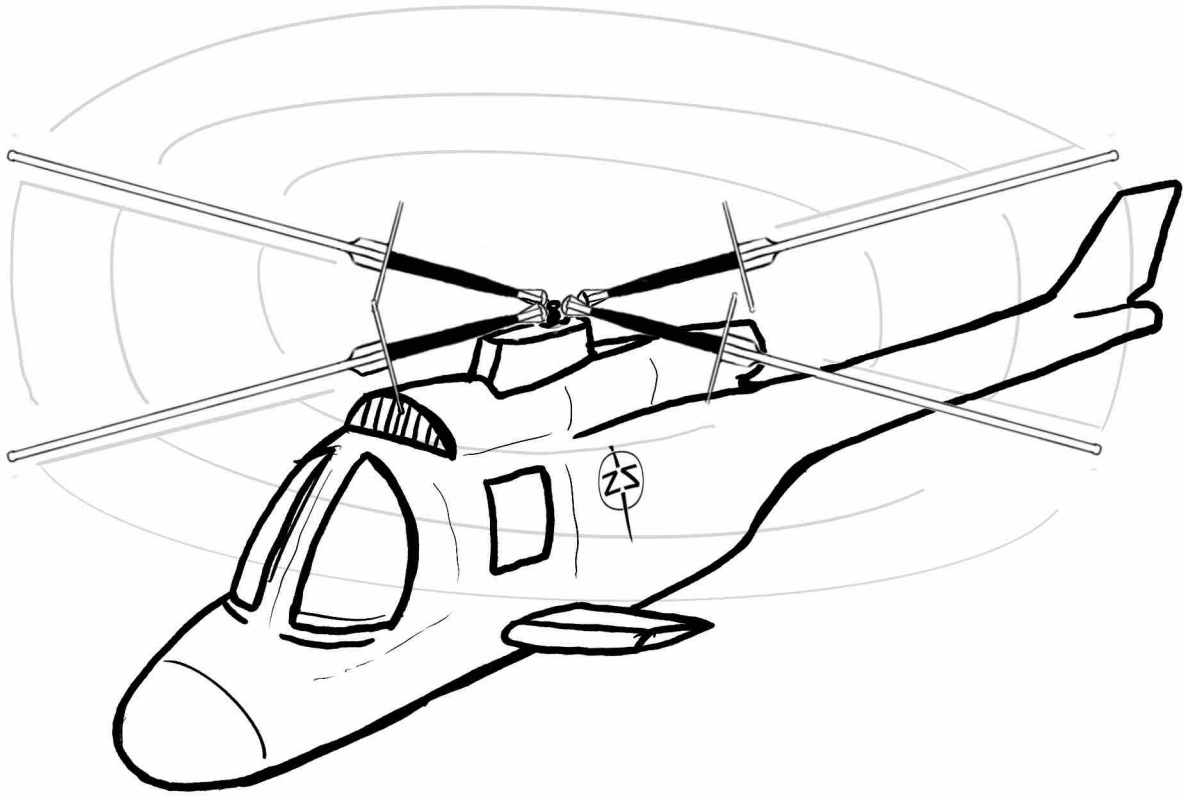








Helicopter...heli ...zwerchcopter!



Grab your feder and find sufficient room.
How many times can you zwerch around?

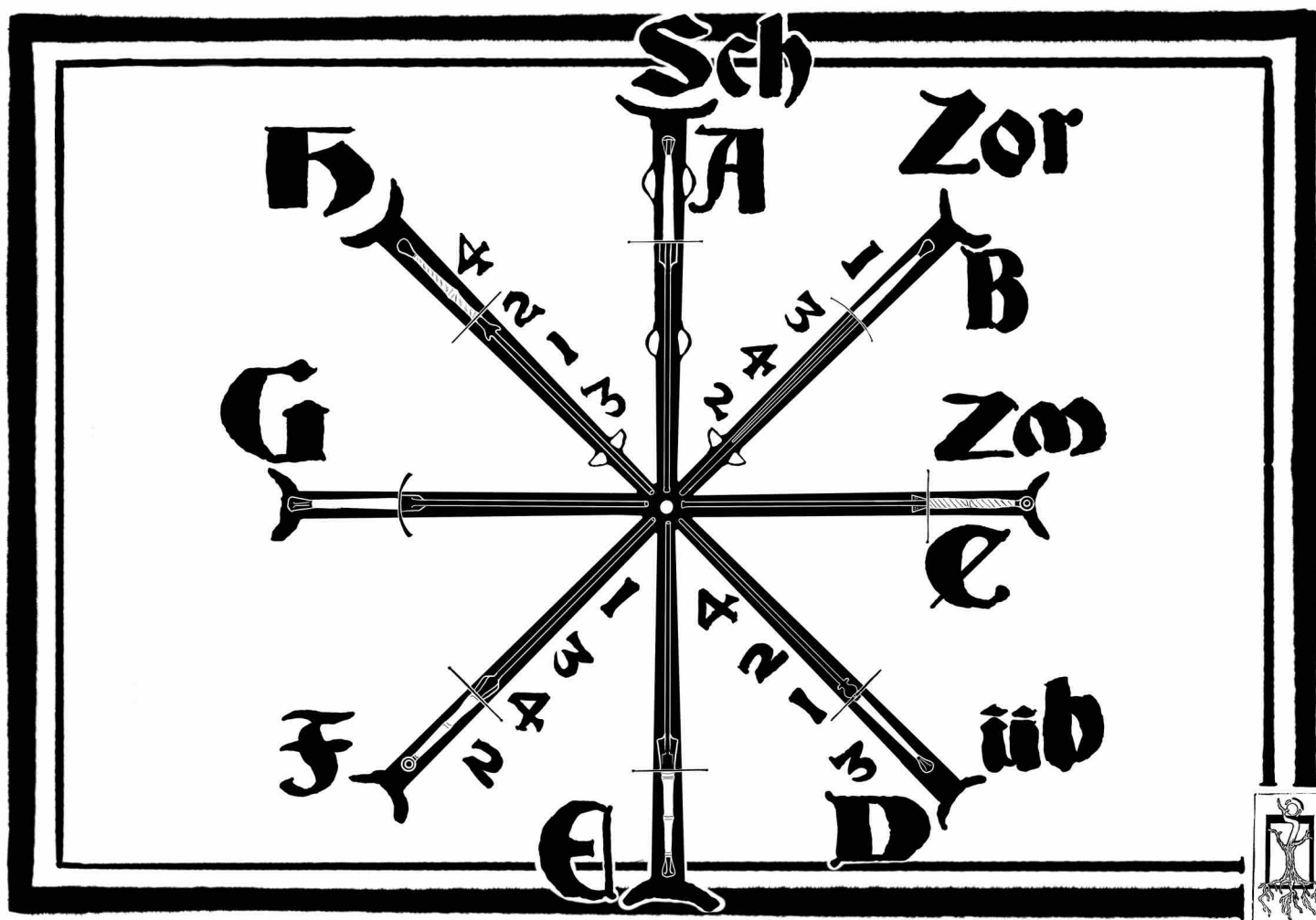


Find the 15 differences

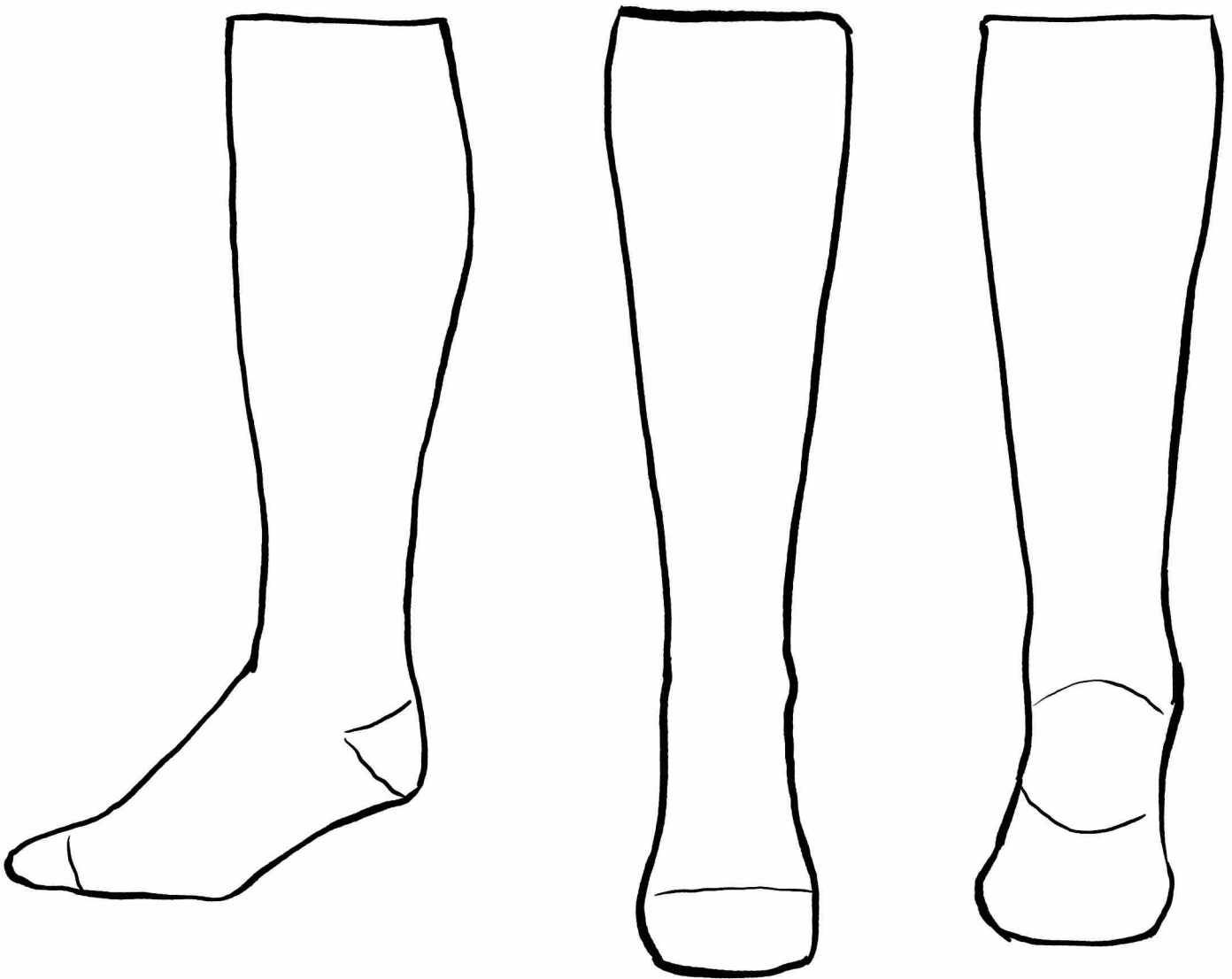


Meyer's mini Square

Grab a pencil or stick and practice the lines of Meyer's Square



Design your own trainingsock



Hau hau hau, which hau is this hau?

.....hau

Whoever over hews you ... hew point threatens him

.....hau

... on nimbly
Throw the point upon the hands
... whoever sets well
With stepping, it destroys many hews

.....hau

Lateral strike
What comes from the day

.....hau

... breaks in
Whatever buffalo strikes or stabs
Whoever threatens change
... robs him of it

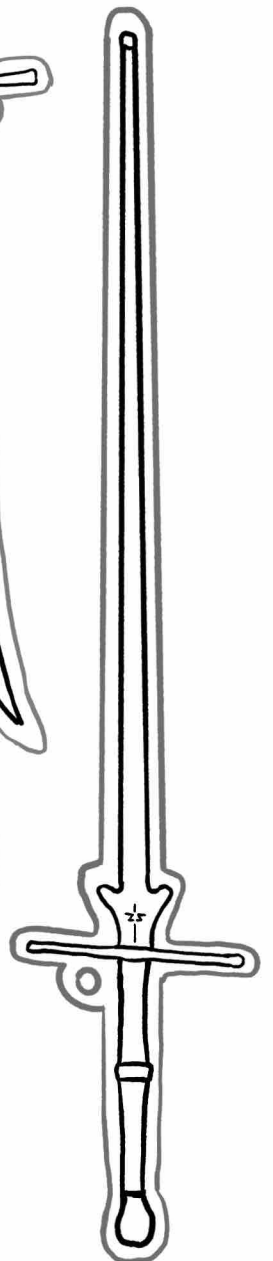
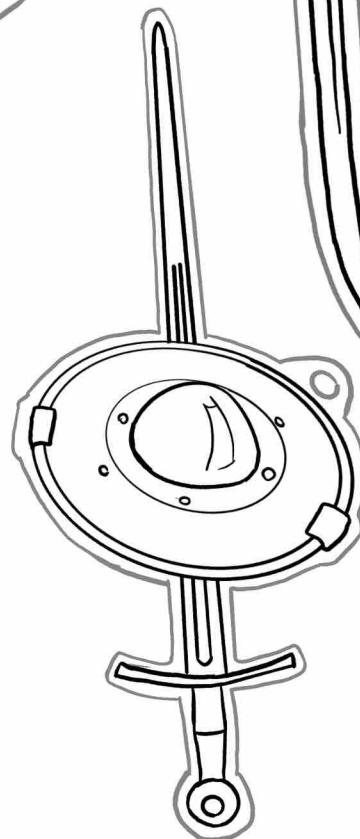
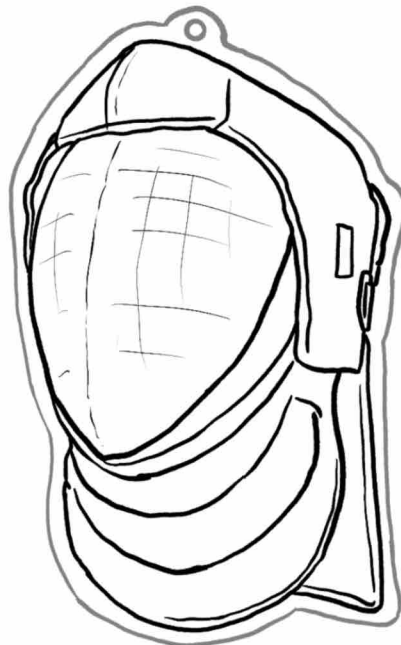
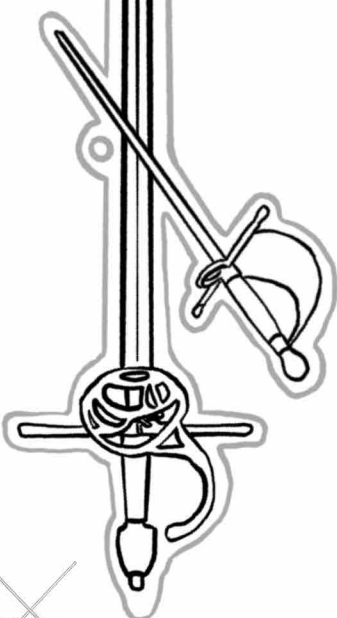
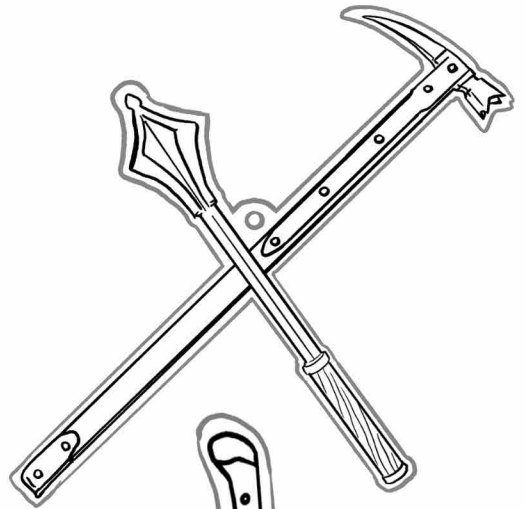
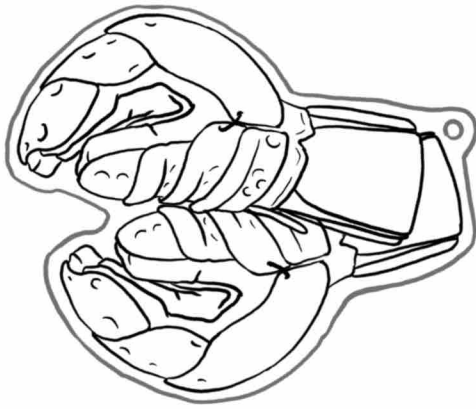
.....hau

The ... is dangerous to the face
With its turn
Quite dangerous to the chest



HEMA-Corations

Copy the designs on sturdy cardboard and make your own HEMA garland.



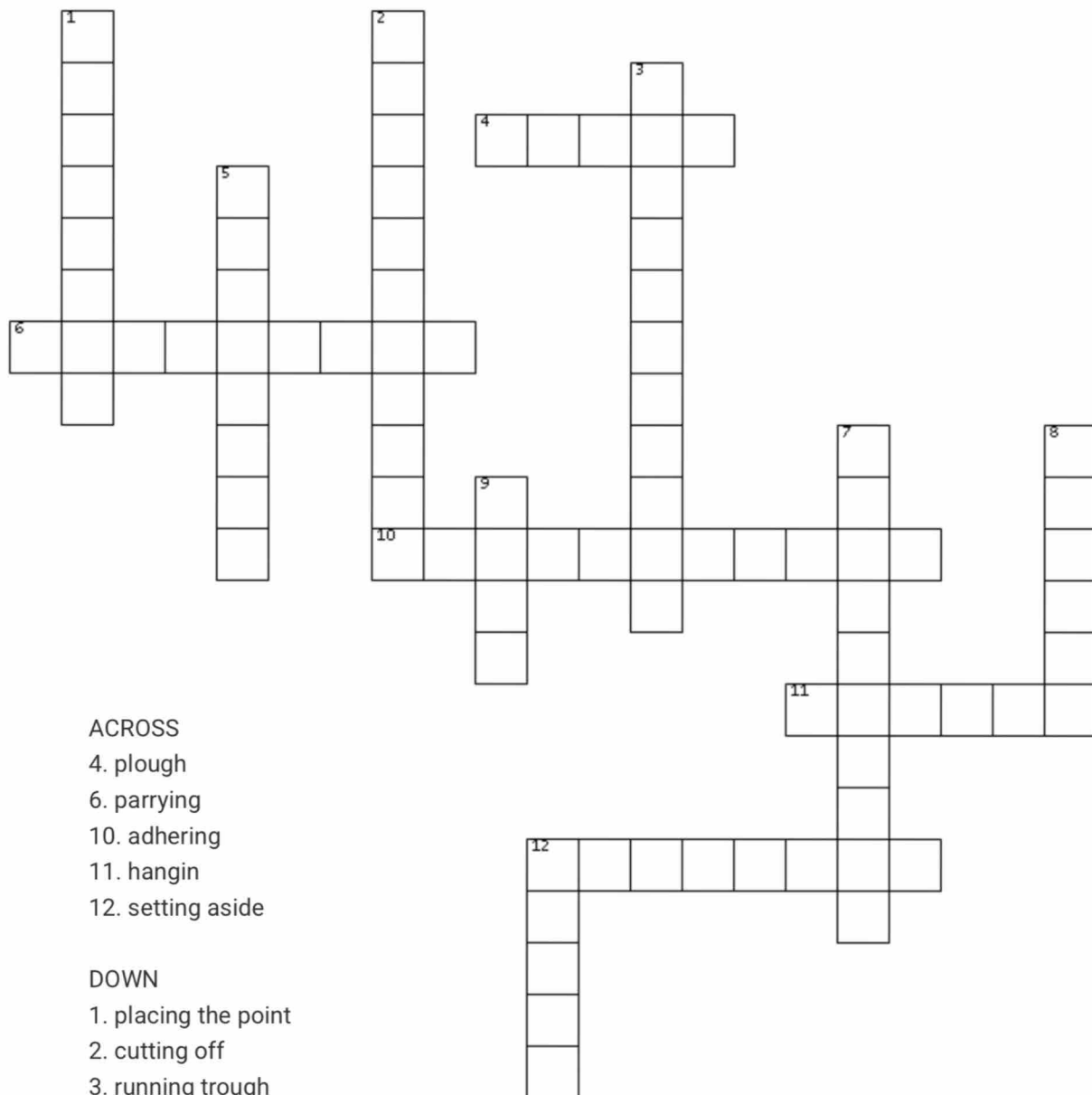
Masterful connections

Connect the first and surnames of these masters

Sigmund	Marozzo
Johannes	Fabris
Joachim	Kal
Achille	von Auerswald
Johannes Paulus	Lichtenauer
Paulus	Meyer
Hans	Lignitzer
Phillipo	von Danzig zum Ingolstas
Andre	Giganti
Jörg	Maier
Salvator	Ferrara
Nicoletto	von Danzig
Octavio	Talhoffer
Peter	di Vadi
Pseudo-Peter	Wilhelm
Fabian	ain Ringeck



Criss-Cross Swordology



ACROSS

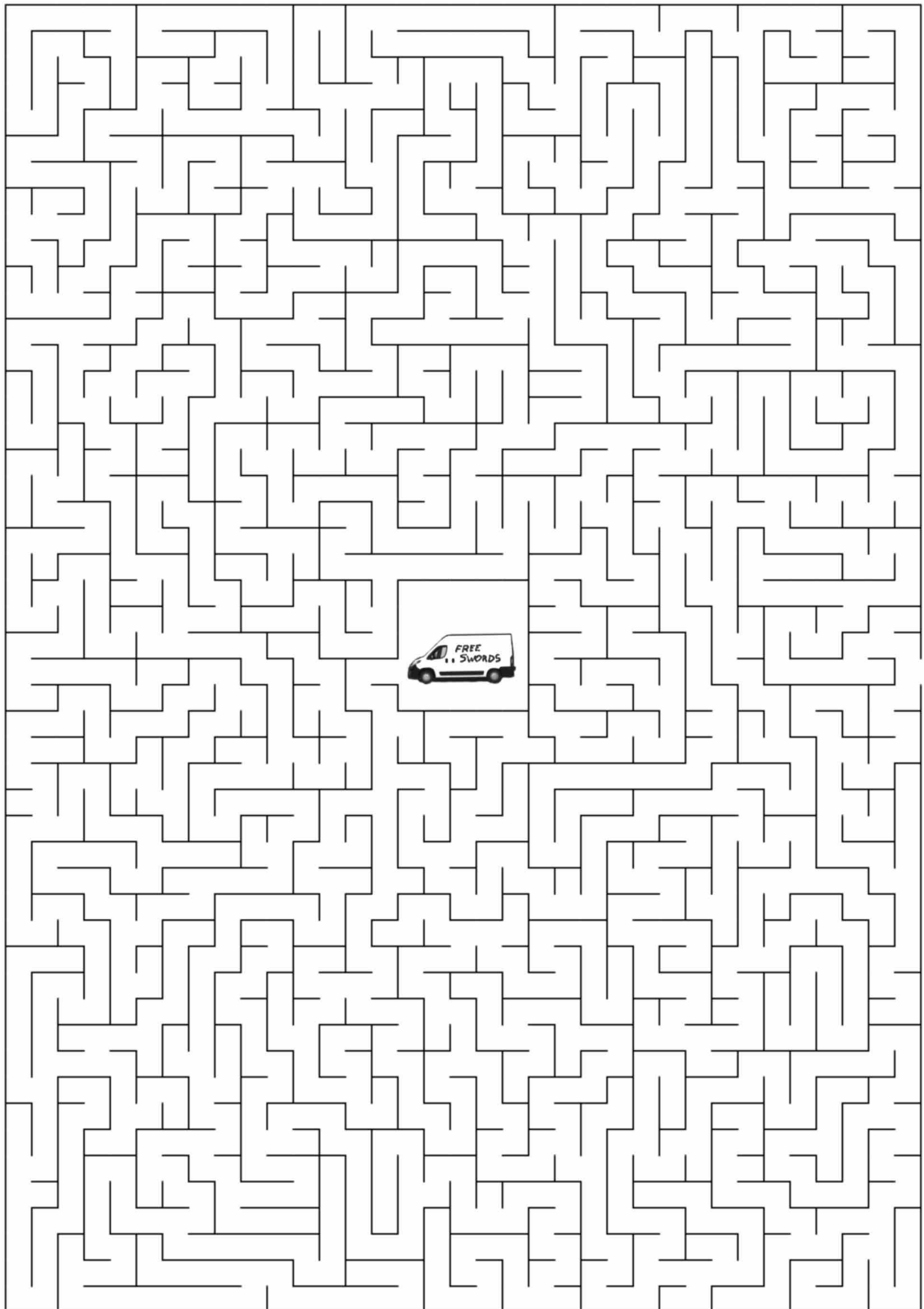
- 4. plough
- 6. parrying
- 10. adhering
- 11. hangin
- 12. setting aside

DOWN

- 1. placing the point
- 2. cutting off
- 3. running trough
- 5. turning aside
- 7. overreaching
- 8. winding
- 9. ox
- 12. fool



Help the 'suspicious' van to the greedy hands



Jan's sales list

Club gear order #38 is about to go out, just one last check and a nice glass of whiskey before the list is finalized
Eight people order for €4432.

One person has ordered 3 swords, one person wants to protect themselves as best as possible, one person wants a bag and a sword, one person is building an arsenal, two people are just starting out, one person does maintenance and repairs, one person is trying a new discipline.

Can you make the best order list for Jan?
Buffs, socks, rubber tips can be ordered by anyone.

Pommel €10

Federechthwert classic light €195

Side sword € 170

Club rapier €170

Ara rapier €135

Sail dagger €80

Smallsword ahf €75

Buckler €49

Rapier musketeerblade €65

Rapier renaissance blade €99

Cup for smallsword €7

Bell cup for rapier €15

Rubber tips €6

Chest protector black knight €35

Hema gloves black knight €210

Hema gloves black prince €300

Hema gooves firestone 2 €70

Hema fencing gloves short €60

Fencing socks €7

Sport buff €8

Fie mask €135

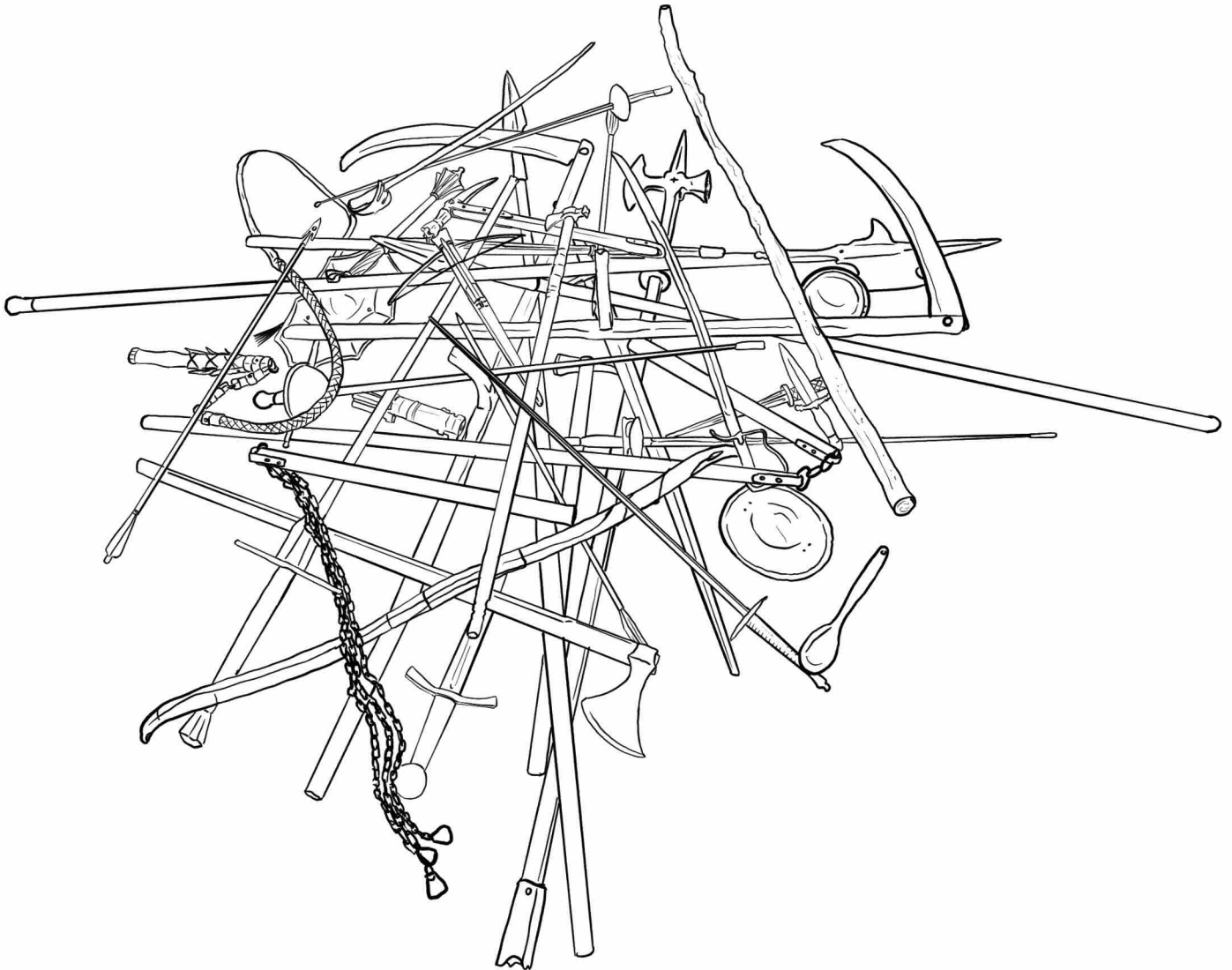
Mask protector €55

Throat protector €40

Hema bag €220

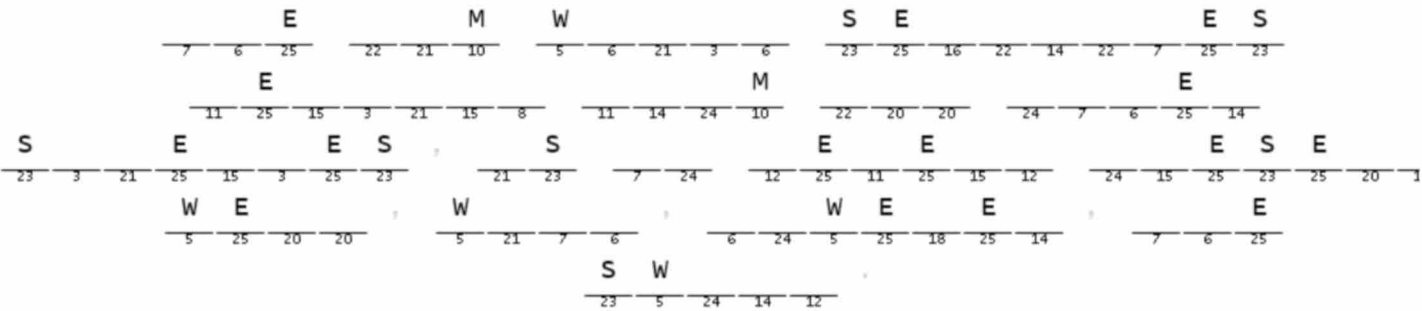


**Oh noes, the weapon bag of Balazs has spilled...
How many weapons can you find?**

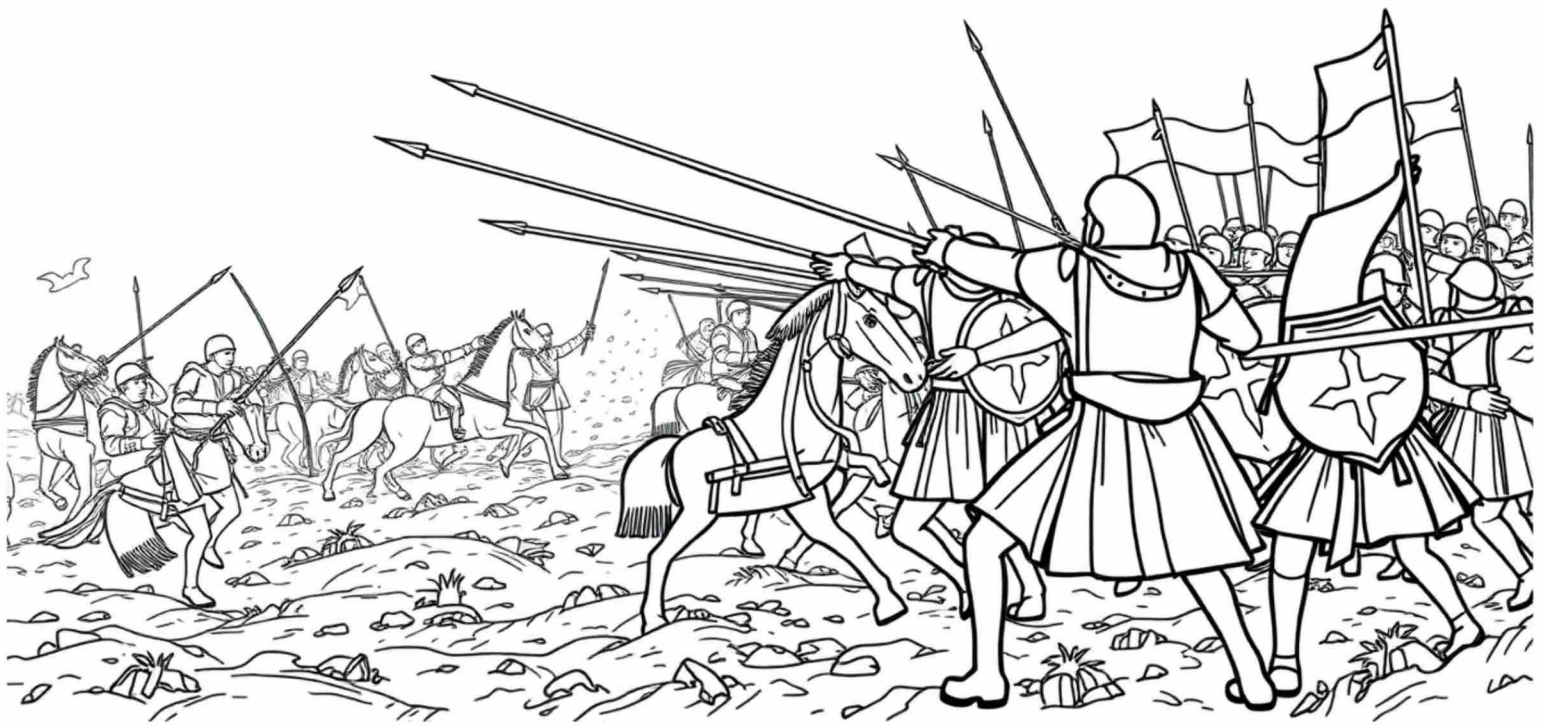


Cappo Code

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
				25								10						23				5			

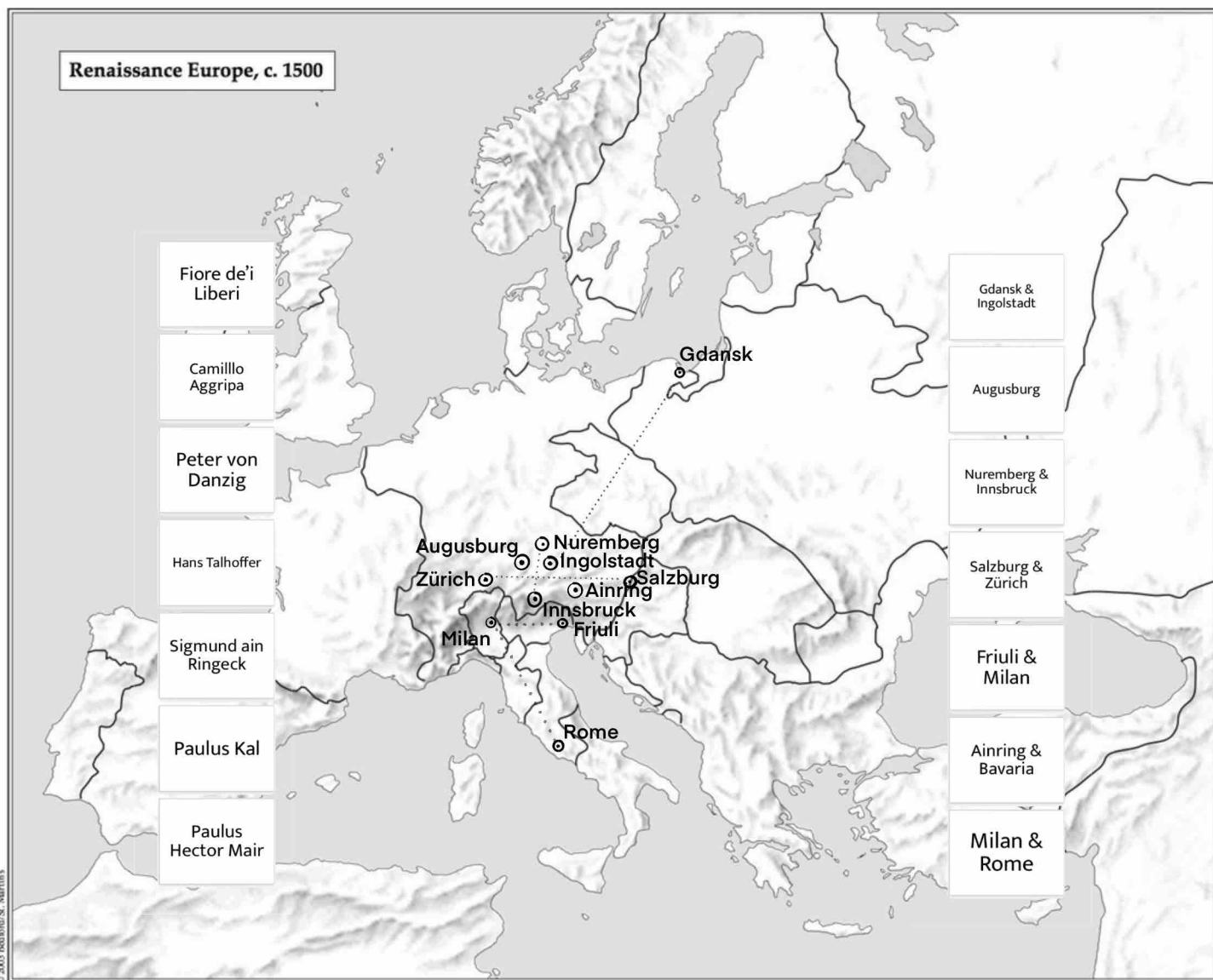


'Al in Agincourt' colouring page

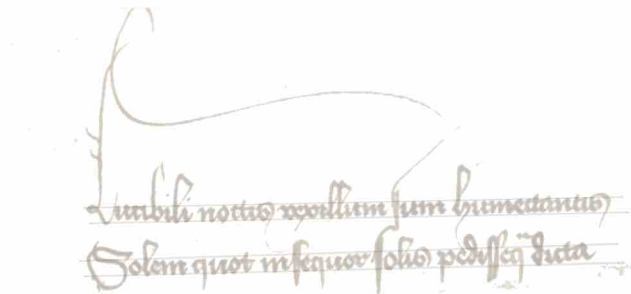


Place the masters at their places*

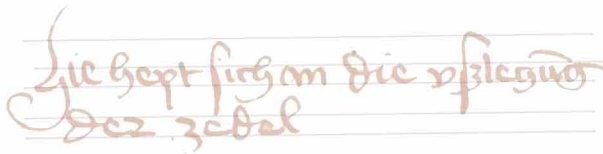
*More or less according to limited information



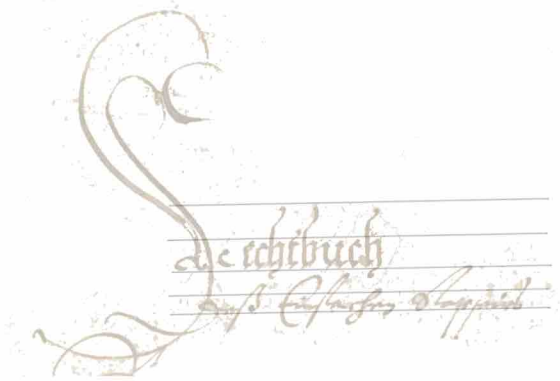
Manu-scripture



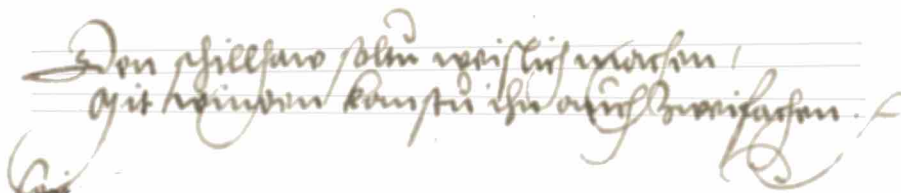
Die Blume des Kampfes (Cod.5278)



Johan Liechtnawers Fechtbuch geschriebenn (MS Dresd.C.487)



Fechtbuch des einfachen Rapies (MS germ.qu.1190/1191)



Joachim Meyers Fäktbok (MS A.4°.2)



Sánchez's lessons

Circle the eight things that Sánchez de Carranza shall teach you to do with a Montante.

'I will give you now all the rules to be played high and low, in both modern and in ancient style, close to the body and free from it, montantes and famontantes with their locks;

How to charge in four directions

How to clear a tavern

How to rouse a fight

How to exit without injury from a narrow street

How to sweep a square

How to surrender man on a horse

How to swing two montantes

How to cut a feather from a cap

How to defend your dame with fetters and even without them

How to attack amongst pikes

How to make another montante retreat

How to make a cappuccino

How to bring peace

How to defend a doors passageway

How to work against rapiers

How to overcome a rotella's defence

How to keep your cape

How to guard without sight

How to keep your lords mark

How to surrender two rodels

How to carry your sword with honour

How to fence a triangle

and this nobody knows how to do as well as I do it— to people behind and in front of you, all together with a thousand new things — do not laugh!'

Sánchez de Carranza. Filosofía de las armas. f.111



Connect the dots and find the figure



George Silvers love of the rapier

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
26				24				23							9		15								

E R A P I E R I E E R I
19 6 24 15 26 9 23 24 15 18 23 21 6 19 10 6 24 19 6 24 15 23 19
E I E R A P A I E I
4 24 12 23 20 21 2 24 13 15 26 17 17 13 1 9 26 20 23 24 22 10 23 19 6
E P I A R E R A R
19 6 24 9 13 20 23 26 15 22 4 16 17 7 2 24 15 17 2 13 26 7 13 15
E A I I I
21 2 13 3 24 13 18 1 26 23 2 23 12 12 19 23 2 2 4 14
R E A E I I I E R
15 24 26 12 13 20 13 18 19 6 24 23 20 12 16 18 18 23 17 23 24 20 17 14 13 15
I P E R E I E R A P I E R A
23 1 9 24 15 18 24 17 19 23 13 20 13 18 19 6 24 15 26 9 23 24 15 26 20
I P E R E I
23 1 9 24 15 18 24 17 19 18 23 21 6 19



Tacti...why?

What is the strength of these guards and what does it invoke with your opponent if you assume them?

Ochs

Vom Tag (laag)

Vom Tag (hoog)

Pflug

Alber

Nebenhut

Schrankhut

Langen Ort

Bonuspunten:

Posta di donna

Tutta porta di ferro

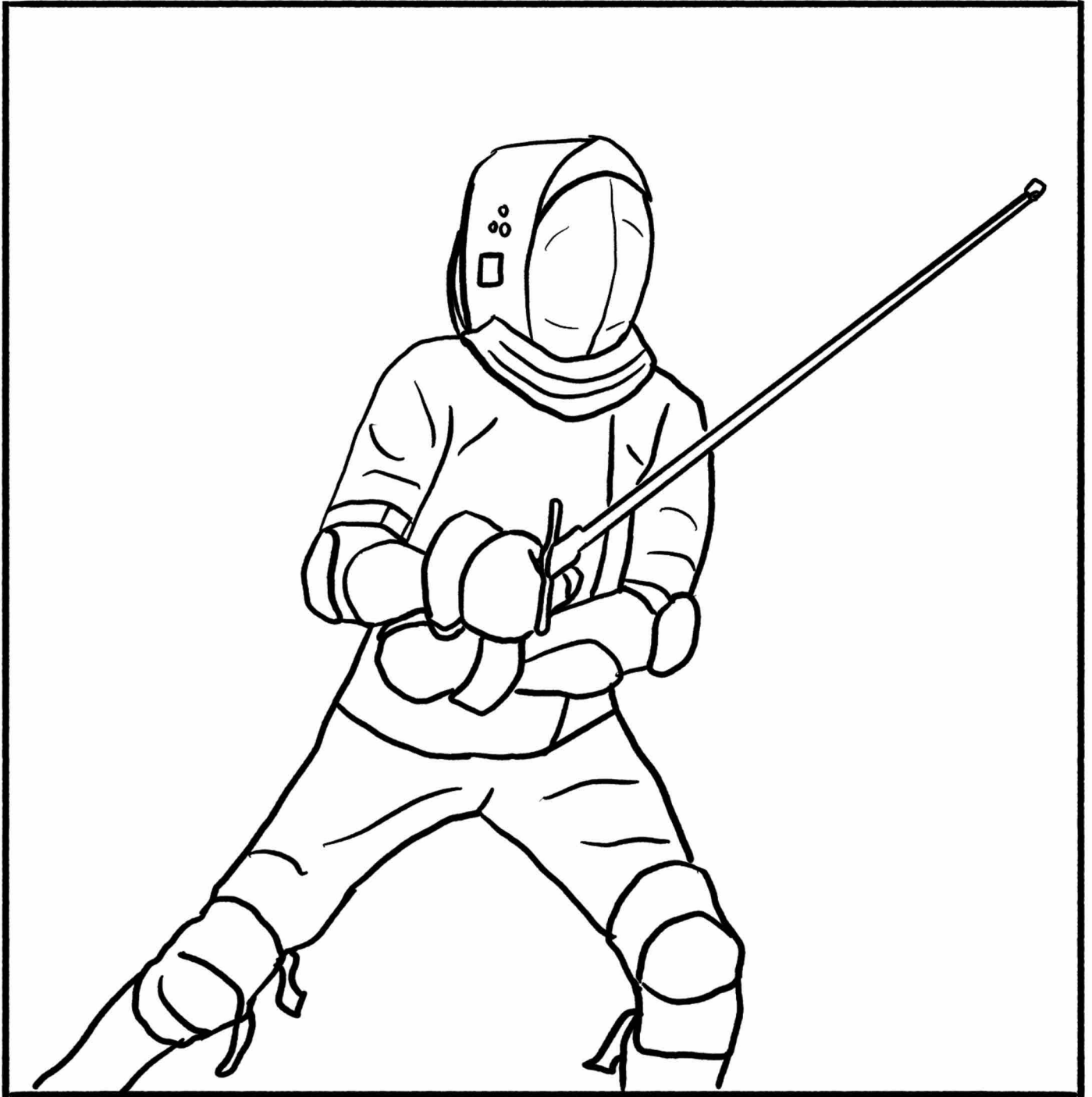
Posta frontale ditta corona

Dente di zenghiaro

Posta di dente zenchiaro mezana



Colour the Hemaist

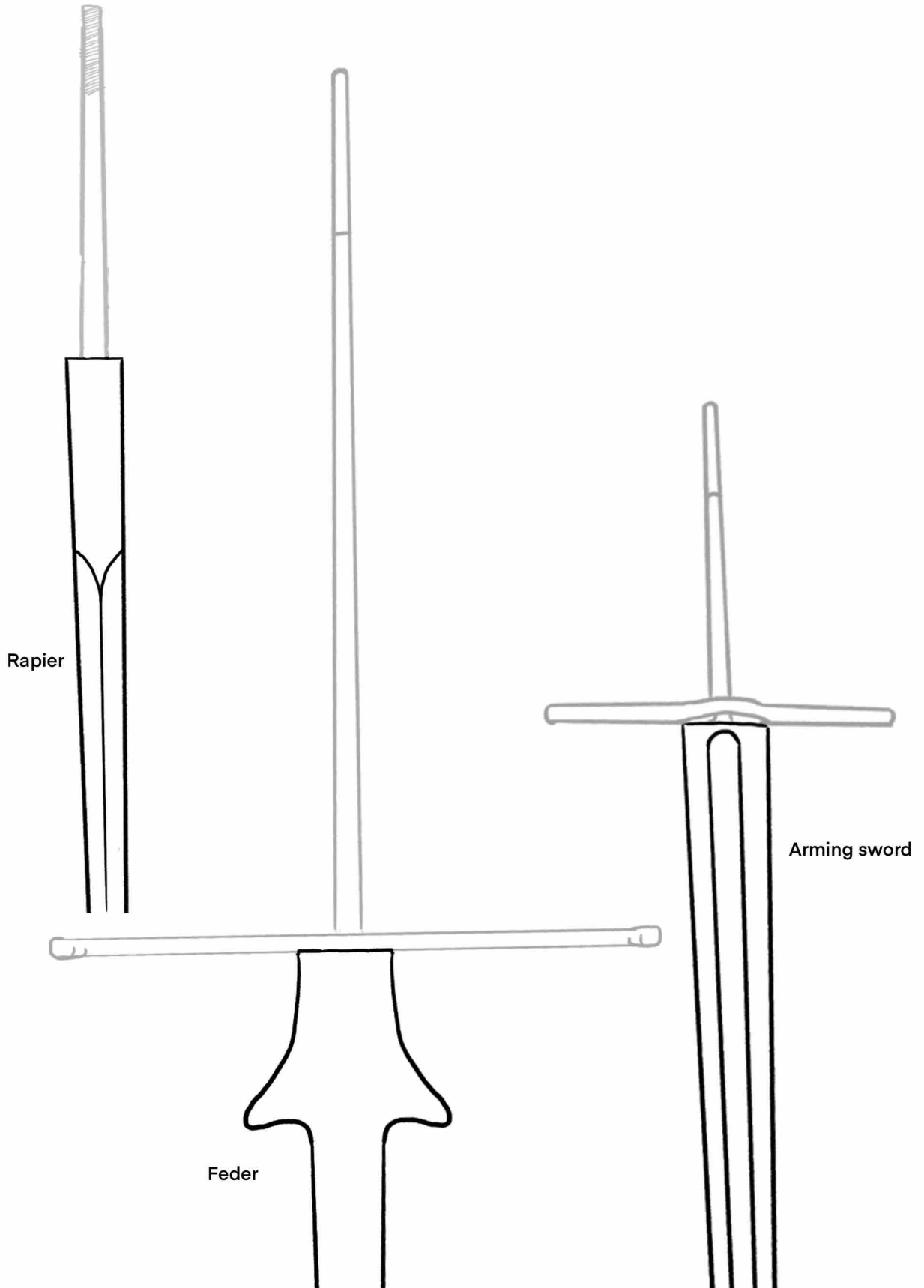




				N	C		G	E		E	L			L		O	I											
D	E	F		N			N	G	I	N	S	W	S	S	D		N	W	A	R	T			W	F			A



Design your hilt



Rule-duggery

Eleven adjustments have been made to the text out of the 'Discipline Rules:' for NHK 2025 of the Dutch HEMA association.

The page layout does not count.

Can you find them without opening the relevant page?

2. Sabel

a. (Niet) toegestane acties:

i. Stoten met de pommel of het gevest zijn soms toegestaan.

b. Vereiste uitrusting:

i. **Handschoenen:** Minimaal benodigd is een degelijk gewatteerde handschoen met harde platen en goede bescherming voor de vingers. Een voorbeeld hiervan is Red Dragon handschoenen.

ii. **Sabel:** Het zwaard is maximaal 1 kilogram en 105 centiliter. Indien de sabel geen cup hilt heeft zijn zwaardere handschoenen verplicht.
Dit zwaard moet je zelf meenemen.

3. Zwaard en beukelaar

a. (Niet) toegestane handelingen:

i. Het is toegestaan om slagen uit te delen naar het lichaam met de beukelaar (ook niet naar het handvat van het zwaard).

ii. De beukelaar-arm mag niet gebruikt worden voor controlerende grepen, zoals het omwikkelen van de zwaardarm van de tegenstander. Hier kan echter nog steeds alleen mee gescoord worden door het aanzetten van een slag met de beukelaar of steek met het zwaard.

b. Vereiste uitrusting:

i. **Handschoenen:** De hand voor de beukelaar mag een lichtere handschoen dragen. Lichter dan de Red Dragon

ii. **Zwaard:** Het zwaard dient een eenhandig, recht, simpel cruciform tweesnijdend zwaard te zijn. Dit zwaard moet je zelf meenemen. Het blad dient een veilige mate van flex te hebben, een verdikte of omgekrulde punt, en de snijkanten mogen niet dunner zijn dan 2mm.
Max totaallengte 100 cm, max gewicht 1,8kg.

iii. **Beukelaar:** De beukelaar mag geen uitstekende punten, haken of scherpe randen bevatten. De beukelaar mag van kunststof, metaal, hout, leer, aluminium of een combinatie hiervan gemaakt zijn. Een andere vorm dan rond is niet toegestaan. De maximale diameter van de beukelaar is 45 cm.

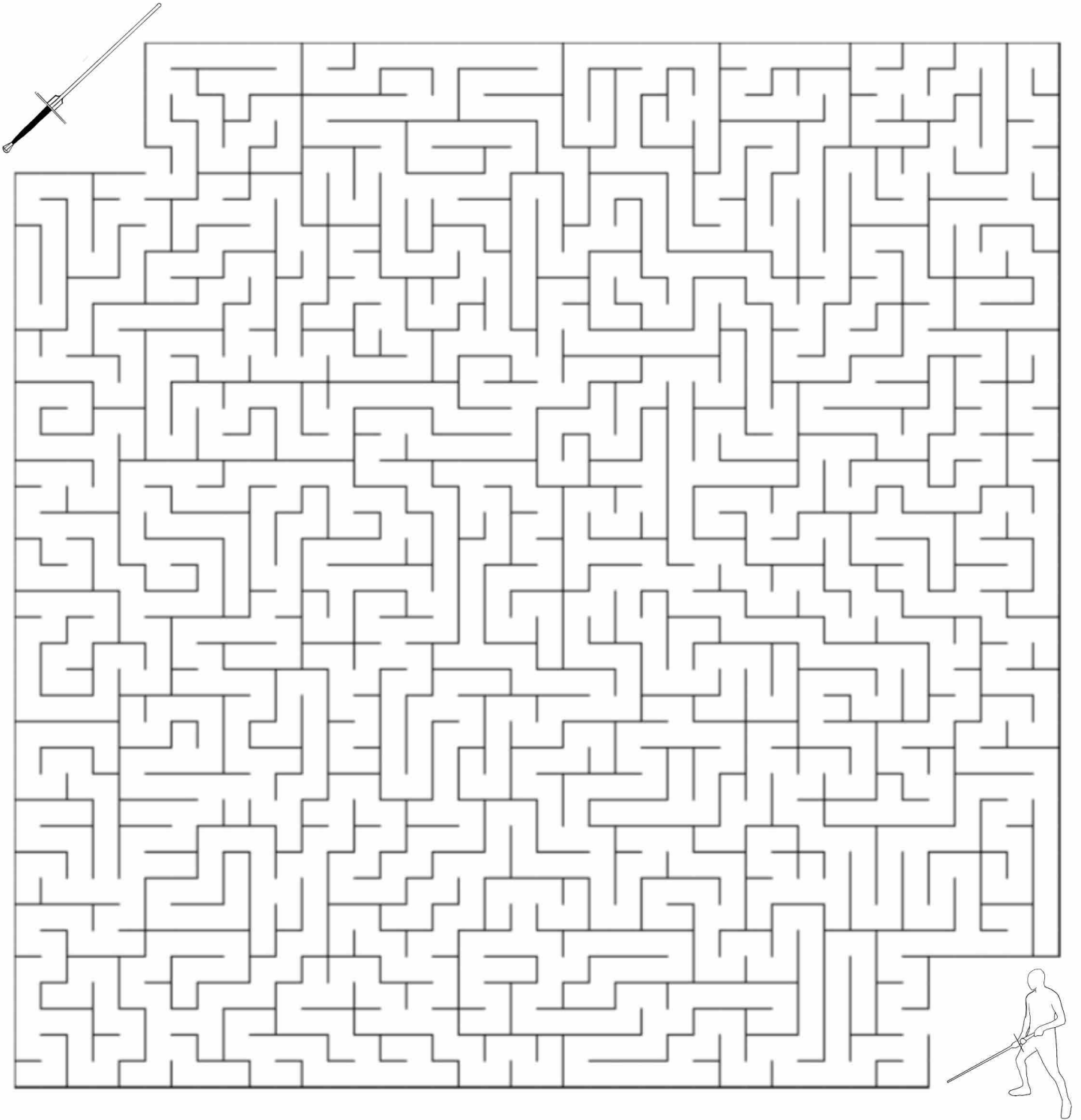
4. Messer

a. Puntentelling:

i. 33 punten voor een slag of een steek op het hoofd (hand telt ook als een hoofd zone)



Guide the feder to it's target

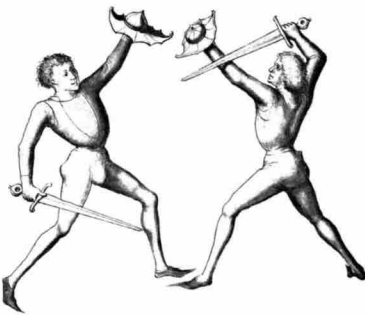


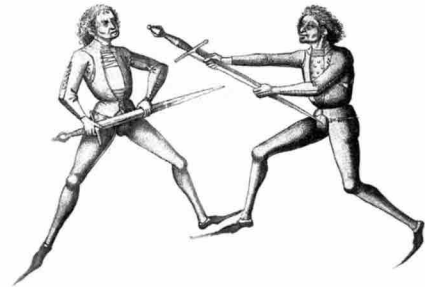
Talhoffery

What happens in these illustrations?







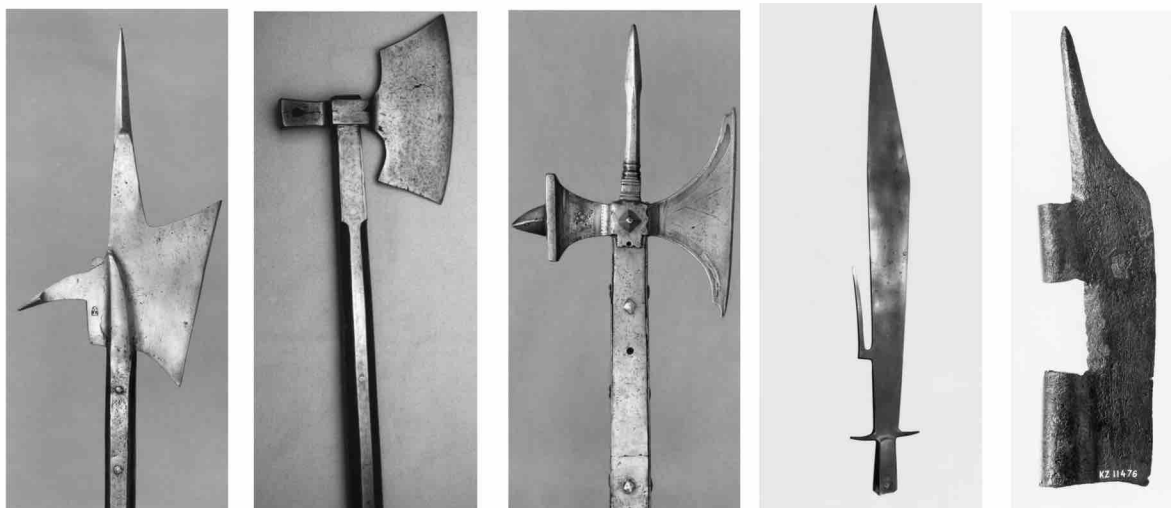
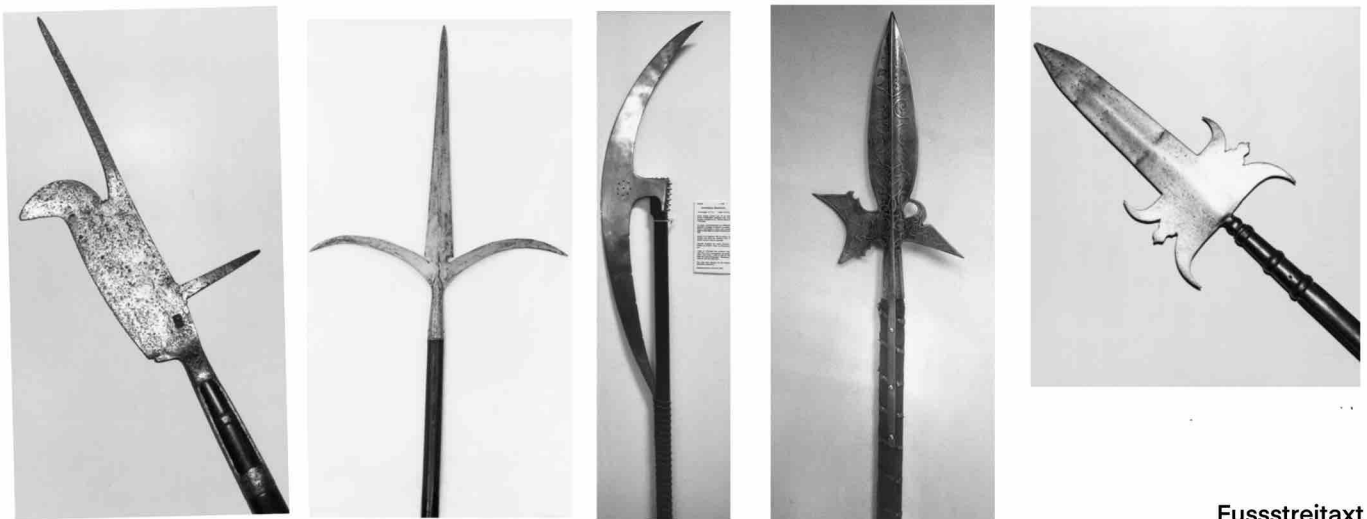
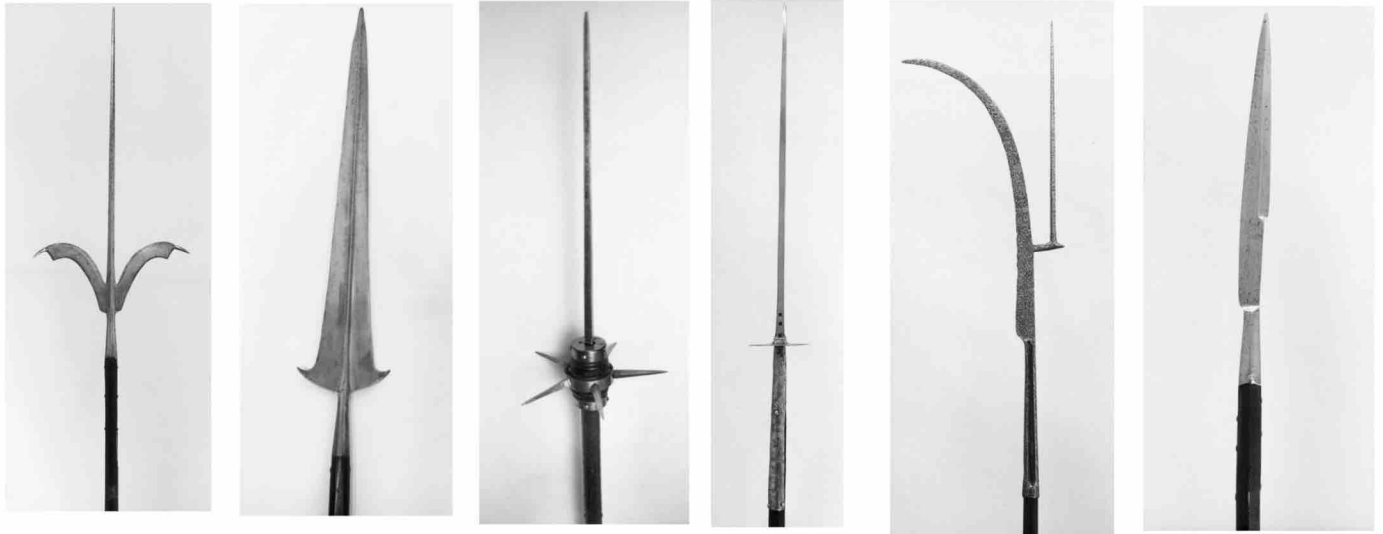








Name the polearm



- Fussstreitaxt
- Glaive
- Mörgenstern
- Corseke
- Ahlspiesse
- Halberd
- Pollaxe
- Halberd
- Partizan
- Welsh Bill
- Sponton
- Ronca
- Giusarme
- Sponton-halberd
- Vogue Francaise
- Friuli spear



Wordfinder

O W O D K I K T R Z W G Z G N R A P E G Q R R N T Z V J V A
 Y Y K B N J R C A Q N J S W F E F P U S M A L L S W O R D R
 B G E D E A G P E B I D X T A U N F S N A H K M S W U Q Y M
 K U E O I R I N G G U T W I T A C L S E F B C Y W T W C Z I
 H S C N O C H S I R N L C N R N R V I T T Z U F E C H T E N
 T A I K E Q M A E D H I C H I E O D L B E N D R E B L A H G
 Y N Z J L Y F S U R N W R C F T S O L Y R R A I N K R T T S
 G R P A J E S R V O Z I E S O H S V I K H E W T C T Y E O W
 V B O J R E R N W W D R B S O C G B K X I G E M N R O K D O
 T F E M M T X F U S A M E H T I U S S Q T G P F E O O C Z R
 T O M S R E S Z U G S O C D W L A Z N U O A E I T B M A P D
 N I U W T A C E J N T M O X O B R E H V U D P V W U U J D S
 R K H R J U F P D O A U S R R Z D K T L E A D R O C S I D P
 E T X G N G U H E L B S A E K J N T U R R Q A R C E M E T A
 P P D L O A T R E L Y E H W I A X S K Q G H Y D R A T E P R
 Z F O F H H M K E S P C N N R K X H M G G I M Y V O M L I R
 L L L R R V W E T S U K S H P O L E A R M T Z H H P K A R I
 P Y E U P W K E N B X N C R E U A N E T K I W N O E P U C N
 T W S H G K E O T T E S L E D N O R D U M U L T A S Q G S G
 Z T E U Y N T H E K I R T S L E M M O P L K A U P D J N U M
 T Z F R T G C L K I L N E S I D E S W O R D Q H X O H A N E
 U A L J O E V E I L I G H E I D S B E L E I D N L D M M A Y
 N K E U F I B B F H U X S I T H I R T Y T H R E E E U M M E
 T N J W Z R F E M X C R T J U A H P M U R K E B K U I E E R
 E W T B S K N M S E A S E O Z P P V F A T S F E X D K H H L
 R O J L Z C G Y L L A U E K P H E A U H I S T N E V E G C Z
 H R G N I L T S E R W S N S P E S D A L B E R W D G J Y T S
 A C T N I O P F R H T Y U M L I R I E K K D R E K D C T R Z
 U H G S E V O L G G N I R R A P S F M Y A K I L Q X B D L E
 G U Z B A F R I E N D S R B E C A P P O F E R R O P H R H K

abzug
 arcem
 bestuur
 cappoferro
 crown
 destraza
 events
 fencing
 friends
 hema
 hydrate
 jacket
 lew
 maier
 measure
 montante
 ochs
 pflug
 pommel
 ringeck
 schielhau
 schrankhut
 smallsword
 spear
 steen
 tempo
 training
 veiligheidsbeleid
 zuchten

afterhit
 armingsword
 binding
 club
 dagger
 discord
 fechtbuch
 fiore
 gear
 hfarmory
 indes
 krieg
 lichtenauer
 mangual
 messer
 nebenhut
 paulus
 point
 pommelstrike
 rondel
 schilt
 sidesword
 sparring
 spes
 steentje
 thrust
 unterhau
 wiktenauer
 zwaard

alber
 bekkensnijden
 buckler
 crossguard
 danzig
 double
 feder
 footwork
 halberd
 hit
 thirtythree
 krumphau
 Longsword
 manuscript
 meyer
 oberhau
 pbt
 polearm
 rapier
 sabre
 schnit
 skillissue
 sparringgloves
 stab
 sweat
 tournament
 vadi
 wrestling
 zwerhau



auer Puz Lichten zle

d	h	e	s	e	t	n	t	o	a	g	a	i	h	a	t	d	.	w	h	i	c	t	s	a		
t	s	.	T	l	f	u	l	a	s	i	c	o	u	n	l	y	a	m	e	e	t	h	r	t	a	n
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p	o	i	n	m	w	i	h	i	s	h	r	u	s	u	s	t	r	r	e	s	t	h	i	t	c	u
t	h	y	n	s	t																					



Make this fighter safety guideline proof

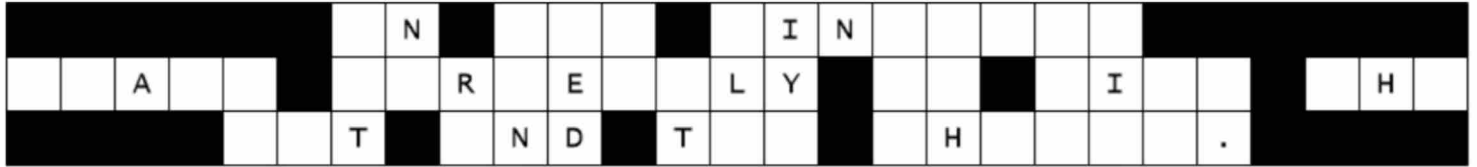


Word-hau

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k e s	e r c	t a	.	h i c	t w	h a u	o v e
s f	a w						



Lichtenauers message on technique

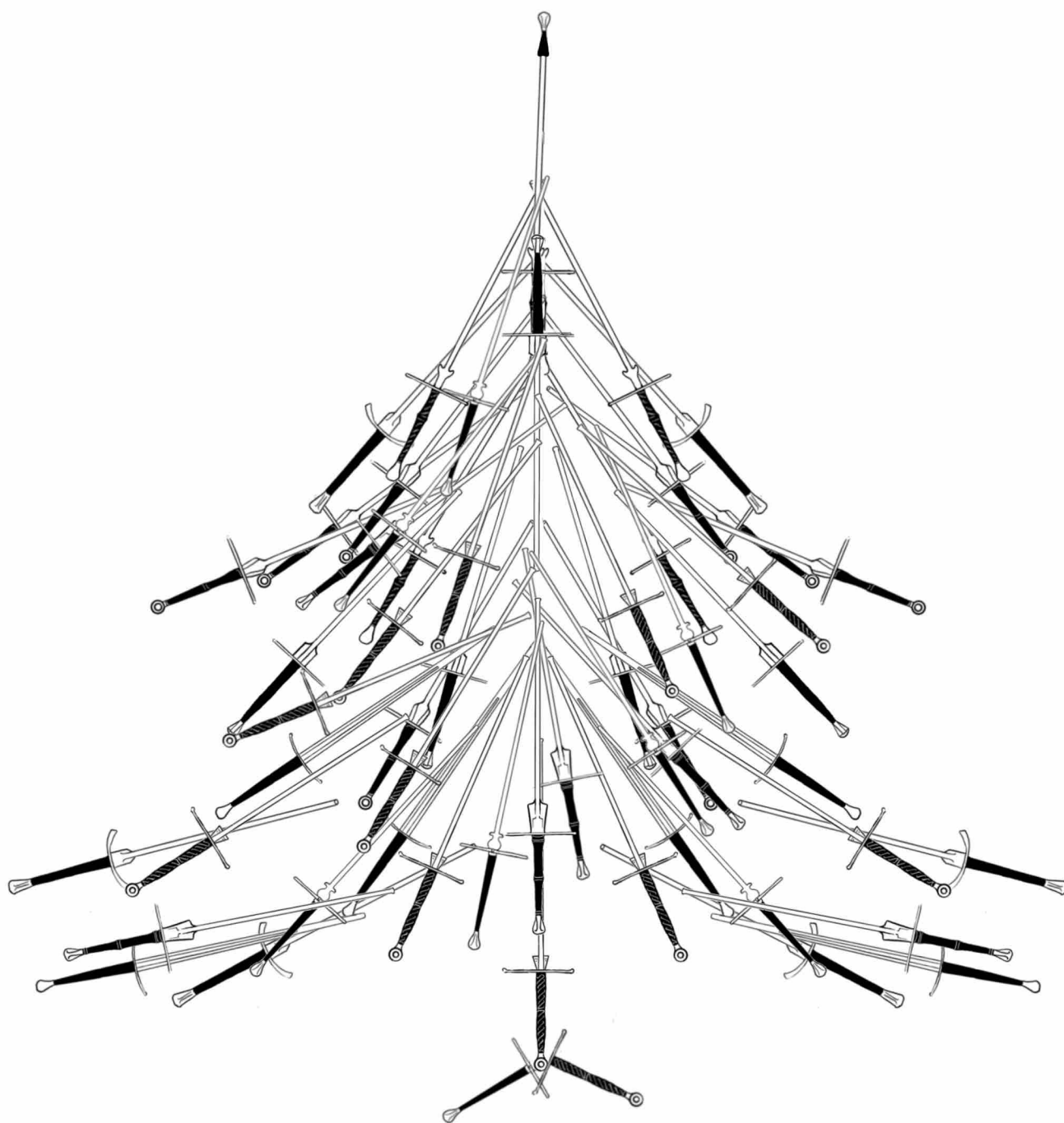


L E R C U C O A A L C T W E D T I N U S T T O R F S N D T E



**'Oh, Federbaum, oh Federbaum
Du bist doch wunderschön'**

How many feds make up the Federbaum?



End tales

Connect the master with his doom

Johannes
Paulus Maier

From 1480 until his death on December 31, 1482, he was employed as a communal priest in Herzogenaurach, Germany.

Gérard
Thibault
d'Anvers

His widow inherited the manuscript 'Klare Onderrichtinge der Voortreffelijke Worstel-Konst' and published it with illustration in 1674

Salvator
fabris

His embezzlements were discovered in 1579, and he was hanged as a thief at the age of 62.

Johannes
Lecküchner

Died in 1629, a year before his masterpiece, Academie de l'Espée, was finally published

Joachim
Meyer

He died in 1618 after fighting against malignant fever for about 10 days. He was 74.

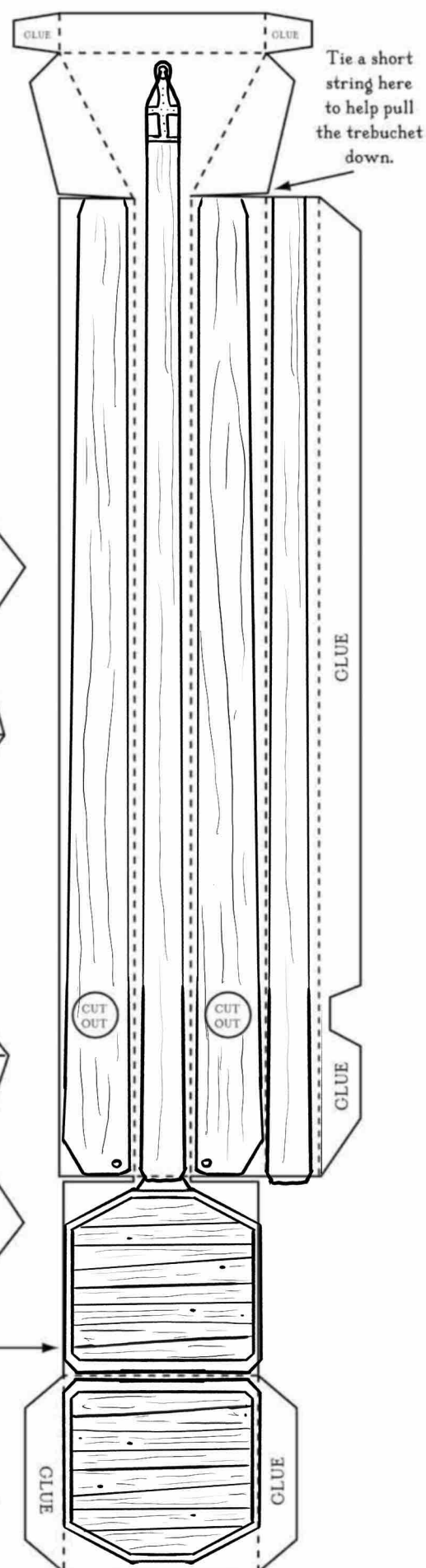
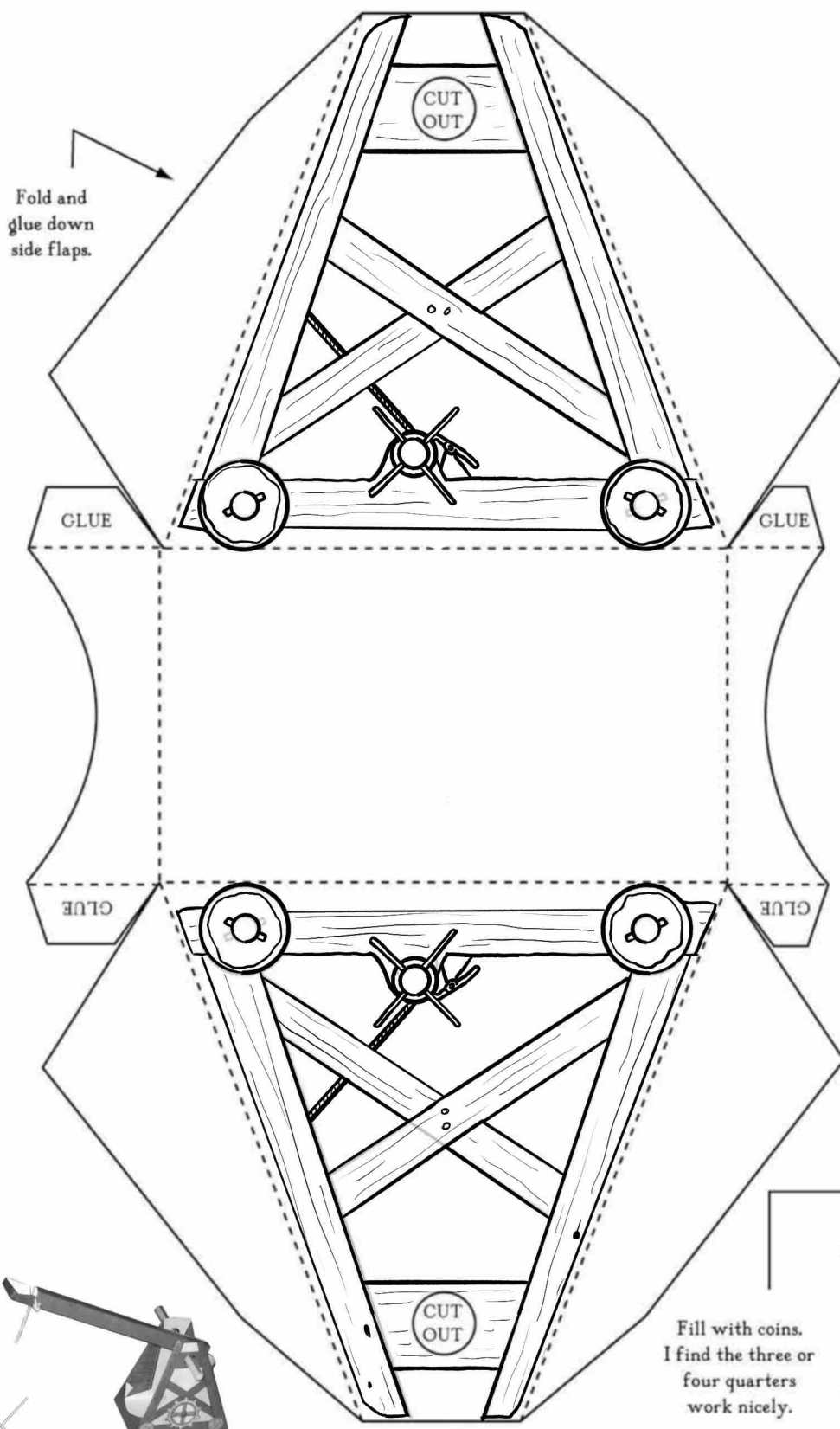
Nicolaes
Petter

Died shortly after his arrival at the court of the Duke of Mecklenburg in Schwerin.



Build your own Trebuchet

Cut out the pieces, fold and glue them. You can enforce the arm at the attachment point for the string. Attach a tiny sling to the end of the string. Cut a straw to length and push it through the holes so that the arm can rotate freely. Put some coins in the counterbalance pocket and fire away.



The selfreflection page

What did go well in the
past half of this training
year?

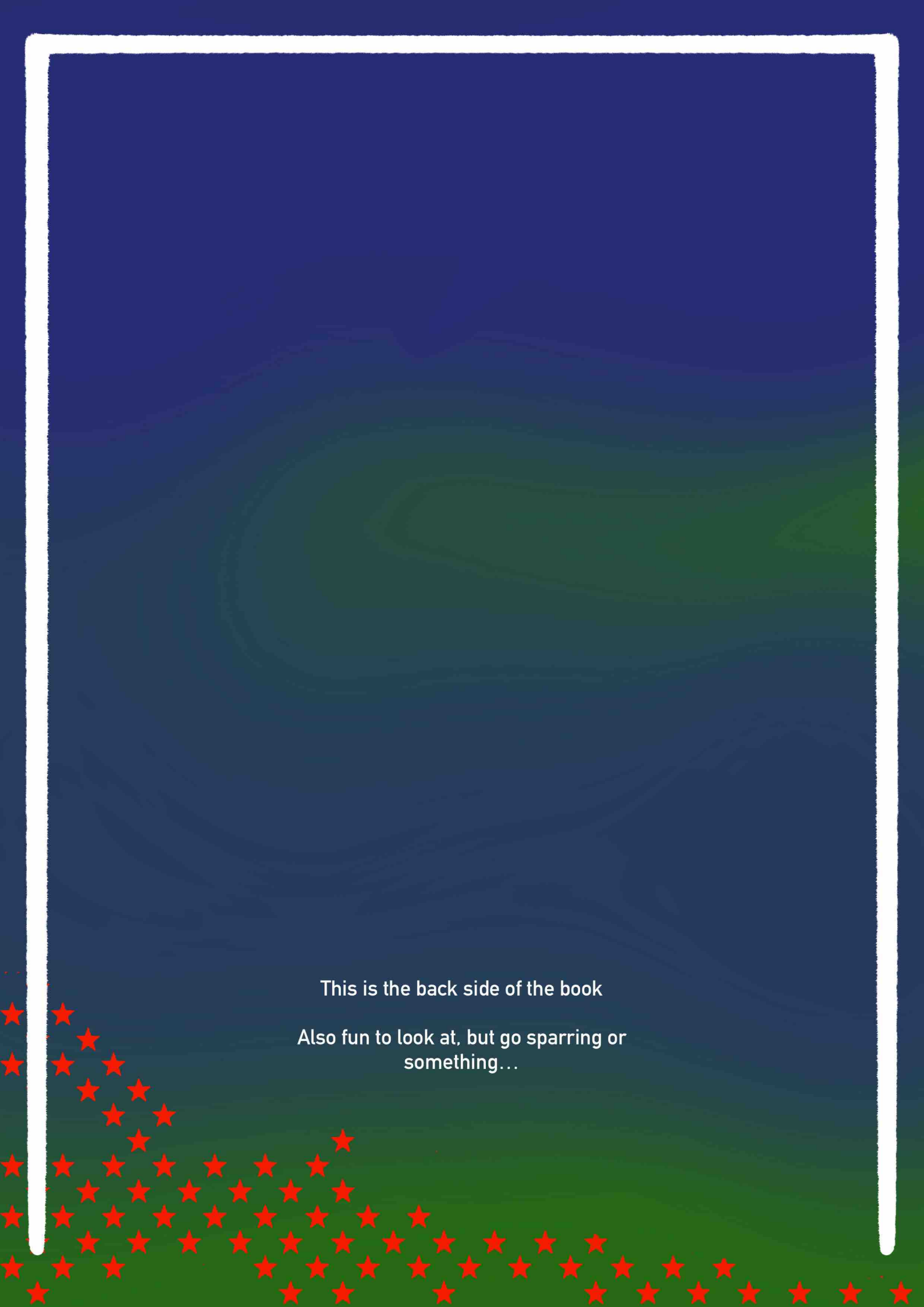
What are your goals for
the rest of this training
year?

What went less well in
the past half year of
training?

What do you see as the
biggest challenge for
the rest of the training
year?

I wish you all the training joy for the achieving of your goals and
conquering your challenges!





This is the back side of the book

Also fun to look at, but go sparring or
something...