
The Medieval Dagger Course: Welcome! Please start here.

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RECORDING COMMENCES:

Guy Windsor:

Hello and welcome to the Medieval Dagger course. In this course I will take you through my interpretation of Fiore dei Liberi's dagger material. We will cover the nine masters of the dagger, we will cover the five things you must know which are disarm, strike, locks, breaks, and take downs but before we get into all of that cool stuff, you must read the safety briefing. It is really important that you finish every training session healthier than you started it and I would absolutely hate for your practice with me to be in any way dangerous, risky or ill advised. So take some time to go over the safety briefing and at all times during this course, it is vastly more important that you finish training healthier than you started it than that you -- I don't know, get a dagger point in on your friend or you push yourself just that little bit further. If you have any problems with your joints or with your back, anything like that, take it easy. The dagger training can be quite hard on the wrists, elbows and shoulders. You should be fine if you understand your own skeleton and you treat it accordingly. So no macho bullshit please. If you're not fit to train, don't do it. If you haven't yet taken the free knee maintenance course, I would suggest you do that first because it outlines my general philosophy for how you should be looking after yourself while you're training. That said, I look forward to seeing you on the course. I hope you enjoy it and please go read the safety briefing before you take another step. Cheerio.

END OF RECORDING