



THE ASSOCIATION FOR RENAISSANCE MARTIAL ARTS

ARMA HOUSTON

NORTH  
Was Schrift



SIDERS  
Das Lefirt

# Hands-on History



"For in conclusion after much deliberation, I have found out this Arte, from the which only dependeth the knowledge of all that which a man may perform with a weapon in his hand, and not only with those weapons which are found out in these our days, but also with those that shall be invented in time to come..." -Giacomo Di Grassi, 1570

## What We Do

ARMA studies the Martial Arts of Renaissance Europe based on historical written manuals. These skills are a lost art being reborn in the 21st century, one that has real world application in self-defense, critical thinking skills, self-awareness and self-confidence. Training is in the traditional German *fechtschule* setting where students will learn the art of fighting with the longsword. Other weapons may be studied as students advance in skill level.

For age 13 years and up (evening classes also available for adults)

## About the Instructor



Kyle Cook is a 15-year veteran of ARMA with a passion for training the younger generation. He has given numerous demonstrations for schools, universities, museums, and summer library programs, as well as taught private lessons.

**HOME SCHOOL GROUP LESSONS:**  
Mondays at 9 AM to 11 AM

**Private Lessons available by request**

### Location:

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