

ARMA Houston Study Guide – Novice to Scholar

This study guide will assist you as a new study group member with understanding the basics you need to be able to participate in weekly practice and pass your Scholar (Red Shirt) test. The test will contain at a minimum the following:

Physical	Academics
Guards and Stances (Tipprogressions) 16 cut exercise Floryshe	ARMA Study Method What is ARMA etc. Historical Sources and Terms

The skills outlined below can also be practiced at home for the most part.

1. Fuehlen Drill - Press Drill
2. Civettino - The "Touch" Drill
3. Abrazzare
4. Guards and Tipprogressions
5. Cutting Exercises - The Basic Nine
 - a. Diagonal Up-Down
 - b. Vertical Up-Down
 - c. X-Diagonals
 - d. Under & Over
 - e. Horizontals
6. Cut / Counter-cut using Hanging Point, Schrank, Lower Wards
7. Footwork and Stances
8. 16-Cut Exercise
9. Floryshing
10. Pell work

Reading Suggestions

The articles listed below are suggested reading to gain an overview of Mare and the ARMA

A Short Introduction to The Martial Arts of Renaissance Europe

<http://www.thearma.org/HEMA.htm>

The ARMA System for Historical Fencing Study

<http://www.thearma.org/methods.htm>

Our Chosen Model and Example

<http://www.thearma.org/our-model.html>

Our Credo - the ARMA "Code of Conduct"

<http://www.thearma.org/essays/ARMA-credo.html>

Our Holistic Approach to Research and Study

<http://www.thearma.org/essays/our-holistic-approach.html>

Renaissance Martial Arts - The Web Documentary

<http://www.thearma.org/Videos/RMAWD.htm>

Why the Centrality of the Longsword?

<http://www.thearma.org/essays/why-centrality-of-longsword.html>

Why a Fellowship?

<http://www.thearma.org/essays/WhyFellowship.html>

Historical Fencing Footwear

<http://www.thearma.org/essays/historical-footwear.html>

Definitions & Study Terminology

<http://www.thearma.org/terms2.htm>

Training Path

