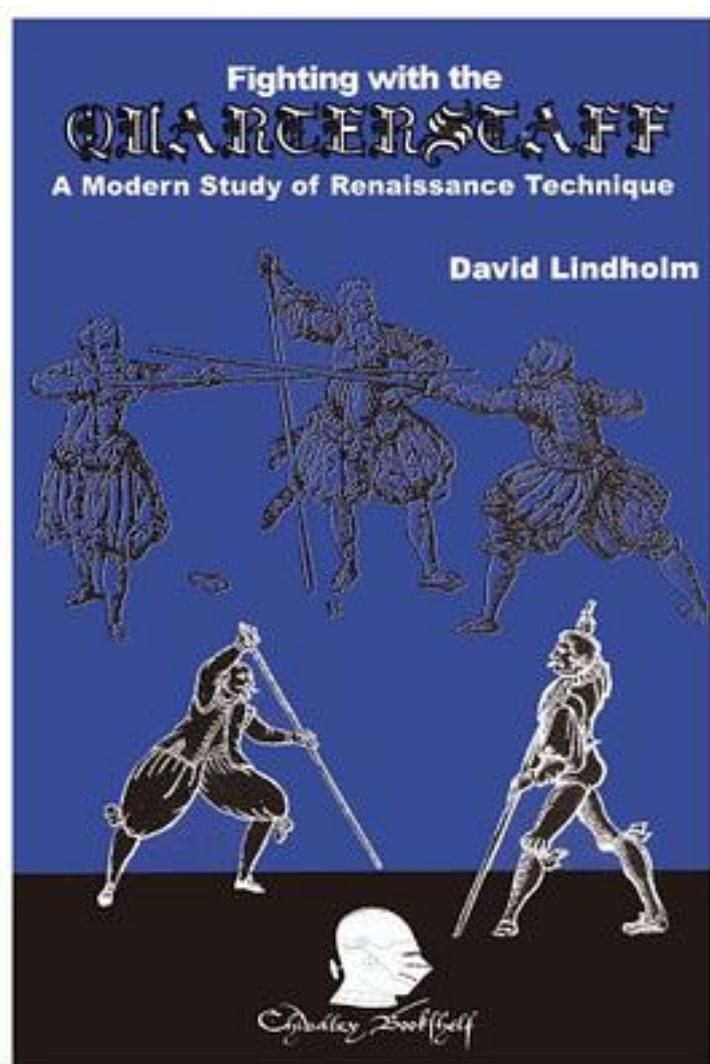


Fighting with the Quarterstaff



[Fighting with the Quarterstaff_下载链接1](#)

著者:Lindholm, David

出版者:Midpoint Trade Books Inc

出版时间:2010-1

装帧:Pap

isbn:9781891448362

In Asian martial arts, the Bo-staff has long been recognized as a potent weapon. In Europe, the staff also has a distinguished history. For centuries starting before the Middle Ages, it was the weapon of choice for farmers, herders, and middle-class travellers. During the Renaissance, the staff was included in the curriculum of Europe's finest fighting masters, including Jacob Sutor, Joachim Meyer, George Silver and Joseph Swetnam. Aside from these great masters, who can forget Robin Hood and his band of merry men, whose use of the staff was to cause such havoc for the Sherriff of Nottingham? With the resurgence of interest in European Martial Arts, David Lindholm presents a synthesis of techniques preserved in the historical record, a useful guide for both novice and experienced combatant, including translations of the most important texts, analysis, and photographic interpretation of each technique. Mr. Lindholm, a recognized expert in the European martial arts based in Sweden, is a founder of the St. Mikael's Gille, and a frequent lecturer at Symposia throughout Europe.

作者介绍:

目录:

[Fighting with the Quarterstaff_下载链接1](#)

标签

评论

[Fighting with the Quarterstaff_下载链接1](#)

书评

[Fighting with the Quarterstaff_下载链接1](#)