

Bend 1595 Newcomers Checklist



Please reach out to Eric if you have any questions or concerns.

- contact@bend1595.com
- 541-241-6742

Pay dues

Start paying dues at <https://bend1595.com/members>

Get gear

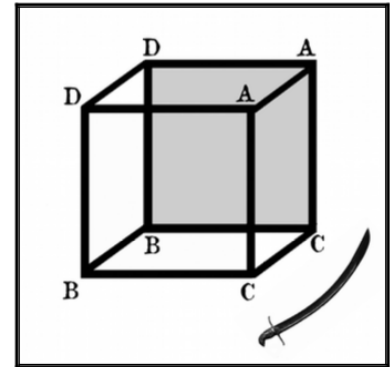
1. Fencing mask - <https://woodenswords.com> / AF Hema Basic w/ Liner
2. Padded gloves - <https://woodenswords.com> / Padded fencing gloves
3. Elbow/forearm protectors - <https://www.woodenswords.com>
4. Practice sword - <https://irongatearmory.com> - synthetic cutlass
5. A pair of white gi pants to wear at practices and events
6. Fencing jacket - <https://www.woodenswords.com> - SPES officers jacket, or even a sturdy padded shirt

Basic facts

- What is The 1595 Club?
- What is the Bend chapter?
- Who founded The 1595 Club? Where does he live?
- What is the Club's governance model?
- Who is Vincentio Saviolo?
- Where is the nearest 1595 Chapter to us? Who's the captain of that club?
- Why the “skirmish”? What’s the problem with fencing?

The cube

- The anchor points A-D; of the hand and the point
- Bisecting the cube

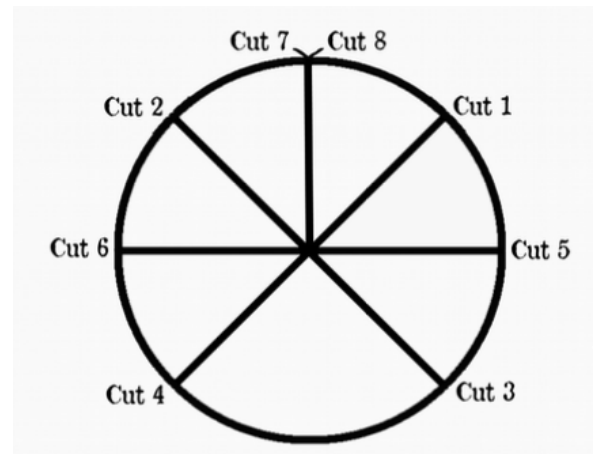


Positions

- Positions 1-8
- Variants: Crooked 2, High 3, Low 7

Footwork

- Basic stance
- Alignment with a partner
- Advance
- Slip
- Forward slip
- Crooked slip
- Switching feet
- Forward step
- Retreat
- Circular pace
- Outward shift
- Forward shift



Cuts

- 1-8; recovery positions of 5 & 6
- Joints of the arm and their engagement
- Ending positions of basket and point
- Clean starts

Defending

- Priority
- Parries
- Positioning
- Creating space and time
- Stop cuts and thrusts

Cutting drill 2

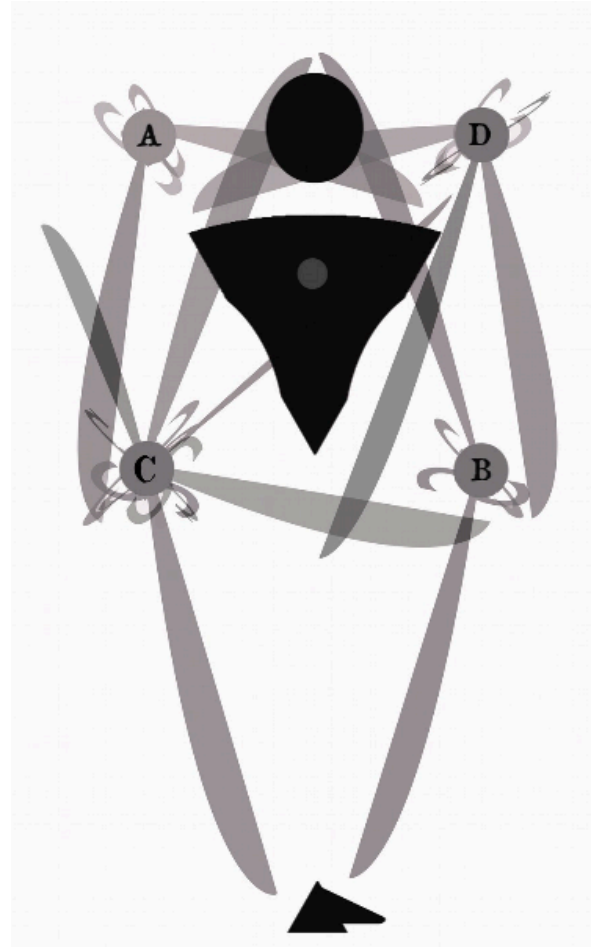
- Priority
- Patience
- Forward slips
- Agent / Patient variations as a form
- With switches each time
- With crooked slips
- Left-handed

Thrusts

- A B C D
- Positioning
- Delivery via advance
- Special case of the Point D and the opposite shoulder

Points drill 2

- The four positions A B C D
- Delivery via the advance
- Oppositional
- Agent, Patient versions as a form



Transitions

- Cavazione
- Contra-cavazione
- Feather parade
- Beats from #1, #2 and low #7

