



Historical European Martial Arts

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Historical European martial arts (HEMA) refers to martial arts of European origin, particularly using arts formerly practiced, but having since died out or evolved into very different forms. The term Western martial arts (WMA) is sometimes used in the United States and in a wider sense including modern and traditional disciplines. During the Late Middle Ages, the longsword had a position of honor among these disciplines. Fencing is also covered extensively in this edition. This easy to read reference by Edgar Brunswick is a great resource.

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