

# GESELLEN FECHTEN 2024 CLASSES

**Class: “Subduing the Threat: How to Maintain Control of Your Opponent’s Weapon”**

**Instructor: Levi Fontaine**

This class draws from Marcelli, Pallavicini, La Touche, and Liancourt to help people implement physical control of the blade. In this class, participants will examine how to make strong and controlled thrusts and defenses by using angles and leverage on the opponent’s weapon, in addition to blade-controlling actions with the off-hand. Participants will learn how to develop sensitivity and reaction time in the bind between weapons in order to recognize opportunities to strike, retake, or leave the bind based upon the feedback they get. This class’ objective is to help make participants’ fencing more controlled, keeping with the reality of fencing as a martial art that focuses mainly on defense and avoiding the opponent’s attack.

## LEVI FONTAINE

Levi has practiced foil fencing for eleven years and possesses extensive experience in Kenjutsu and mounted combat. His rapier study began approximately eight years ago, with a focus on the Italian, French, and Spanish traditions of the late seventeenth century. A decorated competitor, Levi has earned multiple medals in rapier and smallsword competitions, culminating in a gold medal at the AFO Tournament of Defense in 2023.

---

**Class: “Fuel Your Fight”**

**Instructor: Dawn English**

This lecture-style class discusses ways to enhance HEMA training with science-backed nutritional strategies designed to boost performance and support training goals. Participants are introduced to the fundamentals of nutrition, pre- and post-competition nutrition, hydration strategies, and meal/snack timing principles to enhance athletic performance and overall health. Participants will learn how to optimize their nutrition to reduce fatigue and support muscle recovery, as well as assess their own needs in achieving their performance goals.

\*Performance supplements will not be specifically discussed in this session.

## DAWN ENGLISH

Dawn English holds a Bachelor of Science in Nutrition, Dietetics, and Food Management, is a NASM Certified Personal Trainer and a NASM Certified Nutrition Coach, reflecting a deep understanding of how nutrition impacts overall health and sport performance. Her comprehensive martial arts background including karate, judo, iaido, and HEMA as a Lehrling II ranked student at Cymbrogi School of Western Martial Arts is further supported by her certification as a MMA Conditioning Specialist, enabling her to effectively integrate conditioning strategies into martial arts training.

---

**Class: “Brain Games: Coping and Empowerment Strategies for Competitive Longsword”**

**Instructor: Rebecca Glass**

This class is for those new to competition or who have never felt comfortable in competitive settings. It aims to build physical and psychological coping skills to make the most of the competitive experience. Drawing on established fields such as sports psychology, this class offers an emphasis on developing psychological coping skills for competition, identifying and utilizing positive training environments, and learning goal-setting strategies for physical fitness and competition.

## **REBECCA GLASS**

Rebecca has been involved in HEMA since 2014. She has competed across the country since 2015 and has taught Brain Games at events such as Swordsquatch, IGX, AGO, and SoCal Swordfight. She is a firm believer in making HEMA accessible to everyone, and in healthy competition as a training tool.

---

### **Class: “Punching Up in Hema: Smaller Size, Bigger Threat”**

**Instructor: Ann Pace**

This class will be geared towards seeing and capitalizing on all the advantages of facing larger and stronger opponents in HEMA. Participants will practice how to spot the habits that larger opponents fall back on and develop options to use against them. Drawing primarily from the teachings of Johannes Liechtenauer, this course seeks to build confidence in oneself to perform against larger/stronger opponents, spot the openings typically provided by these opponents, and become familiar with techniques that have been successfully used to thwart these situations. This class returns to basic skills that any level of fighter can successfully perform.

## **ANN PACE**

Fechter Ann Pace was introduced to Cymbrogi in 2013 but didn't become a student until early 2016 after realizing she couldn't resist the fight any longer.

She has found success both in and out of the ring. As a member of the Cymbrogi Tournament Team and founding member of the Night Witches, the competitive female division of Cymbrogi, Ann has excelled. She is also an instructor at Cymbrogi, empowering others to follow in her footsteps. Ann competes in both open and women's events. Believing that one must fight the best to become the best, regardless of size or gender, she encourages others to do the same.

Listed among the top female fighters in HEMA, Ann boasts numerous medals and awards. She attributes her competitive success to the environment of fraternity, learning, and martial prowess at the Cymbrogi School of Western Martial Arts. Ann aspires to inspire future students while continuing to enhance her own knowledge and skills.

---

***Make note that this will also help instructors in their teaching techniques***

### **Class: “So, you want to Sword Fight?” (Longsword for Beginners)**

**Instructor: Kelsey Moran**

This class caters to HEMA practitioners of all levels, from novice to advanced. Focusing on foundational longsword skills, participants will refine cutting techniques and learn basic defenses from two core KDF guards. Drawing primarily from the Liechtenauer tradition, as interpreted by the PS Danzig, Ringeck, and

3227a translations, students will explore sword anatomy, primary guards, cutting angles, and the Versetzen defense.

## **KELSEY MORAN**

Kelsey has been a member of Cymbrogi School of WMA since 2017. She holds medals in both Women's and Open Longsword, and has studied multiple weapons systems including Wrestling, Dagger, Messer, Side sword, Sword and Buckler, and Sabre. In 2020 she achieved the rank of Fechter at Cymbrogi, and immediately jumped into the role of instructor where she helped build the foundation for the current curriculum used by the school.

---

Are you prepared to elevate your own level of sword-and-buckler fencing?! Gesellen Fechten is thrilled to present our next instructor: Dashiell Harrison, joining us to share his expertise and experience!

**Class: "Sword-and-Buckler Made Simple: An Introduction to Lignitzer's System"**

**Instructor: Dashiell Harrison**

Drawing from the contributions of the master Andre Lignitzer, this class is an introduction to Lignitzer's system made approachable to practitioners of all levels. In this class, students will explore foundational plays to further their mastery of the art of sword-and-buckler fencing. Learn how to effectively use the buckler as a defensive tool, apply "provoke, take, hit" principles, and refine distance management and timing. To participate, students will need a buckler and a cut-and-thrust single-handed sword shorter than a rapier. Don't miss this opportunity to push your sword and buckler skills to the next level!

## **DASHIELL HARRISON**

Dashiell Harrison has been practicing HEMA since 2013 and coaching since 2018. Prior to that he had trained in Modern Olympic Fencing, wrestling, and Brazilian Jiu-Jitsu. His primary focus for most of his time in HEMA has been Lichtenauer's longsword and Lignitzer's sword and buckler, but he has recently added George Silver's short sword and Bondi di Mazo's rapier to the mix. He holds a bachelor's degree in history and literature with a focus on medieval literature.

---

**Class: "Using the Dagger in Offhand Rapier" "Who Teaches the Teachers?"**

**Instructor: Brad Cramer**

Join Brad Cramer for a comprehensive exploration of rapier and dagger fencing! This class focuses on attacking the dagger arm and setting up effective attacks using the dagger as an off-hand weapon. This class utilizes Capo Ferro's fencing theory and adapts it to modern competition settings. Students will learn to apply similar tactics to various scenarios and gain insights into classic fencing theory within the context of HEMA. Intermediate to advanced levels are recommended, but all are welcome! Students will need protective gear as well as a rapier and dagger to participate.

## **BRAD CRAMER**

Brad started fencing in 2004 when he co-founded the University of West Florida Fencing Club. He also became involved with fencing through the SCA, where he achieved the highest recognition for skill and teaching—the Order of Defense (in 2016).

Brad was introduced to the world of classical Italian fencing through Maestro and Maestra Coblentz, regularly attending RASP and SERFO events. In 2019, Brad earned his Instructor-at-Arms with a historical concentration in rapier from the Sonoma State Fencing Masters Certificate Program and earned his Provost-at-Arms in 2023.

---

**Class: “Directional Power and Chained Energy”**

**Instructor: Charles Turner**

Discover the art of edge alignment and chained motion in this class that covers strategies from early period rapier. Students will learn how to optimize directional structure, maximize power, and minimize movement. From proper grip to directed force, master the techniques that legendary swordsmen like Marco Docciolini, Salvatore Fabris, and Niccoletto Giganti used to excel in their craft.

**CHARLES TURNER**

Beginning in 2016, I have been a student of Armizare and Mediterranean Rapier for the entirety of my stay.

---

**Class: “Shallow Targeting”**

**Instructor: Joel Overly**

Are you tired of getting your hands whacked during longsword practice? Do you yearn to become a master of the dark art of shallow targeting? Then this course is for you! Join us as we delve into the art of hitting opponents where it hurts, without getting caught. Participants in this course will learn tactics in the outer measure, how to attack shallow targets while defending their own, timing and tempo, and specific high-success techniques. Grab your mask, feder, and some heavier gloves than usual, and prepare to learn the dastardly art of shallow targeting. All skill levels welcome!

**JOEL OVERLY**

Joel started fencing at EGF in 2017. He had a passion for Historical European Martial Arts and started a German longsword program with a focus on the early Lichtenauer sources, specifically Ringeck and Ms 3227a.

He takes a holistic approach to KDF including Ligitzner’s sword and buckler and Lecküchner’s messer. Joel was fortunate enough to attract some like-minded individuals, and with the help of the rapier and saber programs, build a competitive HEMA team that has been successful in several different weapons in tournaments across the country.

As a longsword instructor and the coach of the EGF HEMA tournament team, Joel emphasizes core fundamentals of athleticism and fencing to make historical techniques accessible. Joel believes that learning and progression happen best through free play, and that swords, sword fighting, and history are objectively awesome.

---

**Class: “Dissecting and internalizing the timing framework of the KDF - How do I create tactics?”**

**Instructor: Brandon Phan**

In this lesson, students will discuss the framework that the Kunst de Fechtens uses for timing: vor, indes, and nacht. Participants will examine KDF timing in relation to the totality of the system, and ways this understanding can be leveraged to identify answers for their opponents tactics. Ultimately, this understanding can be a powerful tool to not just identify what's happening in front of us, but to also create foundational tactical frameworks that are universal to all weapons. This class will help students develop dynamic tactics based on Dobringer and Meyer's sources and build a foundation for an observational framework that simplifies decision-making and defense.

**BRANDON PHAN**

Participating and competing in HEMA for 5 years - I've been competing in the SHFL primarily in Longsword events. My focus has always been having a comprehensive and effective grasp of the KDF, all while finding a way to synthesize the system with digestible pedagogy for the people at my club.

---

**Class: "Scottish Back Sword and Targe"****Instructor: Skye Hilton**

Skye Hilton introduces the Scottish backsword and targe, where participants will learn to wield these weapons in tandem with precision and grace. This class, based off of the treatise by Donald McBane, focuses on using both the sword and targe for offense and defense, while emphasizing efficient movement and footwork. Improve your deception in your movements that mislead your opponent and develop coordinated timing and weapon use. This class, open to all skill levels, is perfect for anyone interested in exploring the rich history of Scottish swordsmanship.

Suggested materials for students are a side sword, basket hilt sword, or saber, in addition to a shield between 18" and 24". Some loaners will be available, and don't forget mask, gloves, and gorget!

**SKYE HILTON**

I began HEMA in 2013 with Davenriche European Martial Arts School in San Jose California where I studied Italian sources in long sword, side sword, rapier and armored fighting primarily. In 2018 I moved to Texas where I formed my own HEMA school, which has grown over the years. I have competed and instructed both nationally and internationally and competed on History's Forged in Fire: Knife or Death in 2018.

---