

## **"Crash Course" Montante by Viedma**

This workshop "Crash Course," will introduce Luis Diaz de Viedma's montante exercises. Viedma has three montante exercises that are intended for the beginning student. The workshop will emphasize differing interpretations for the rules, while still adhering to the source material. Basic terminology will be covered, and no prior experience is necessary.

Required equipment: a montante or a long stick is ideal, but a feder will work okay as well. Instructor will have a few to loan out. No safety equipment (mask, gloves, etc) is required.

### **Instructor Bio**

Mat began studying HEMA in early 2016, studying longsword from Doebringer/3227a at the Center for Blade Arts in Minnesota. There, the instructors taught him the value of fundamentals through extensive drilling and sparring. He quickly branched out into messerfechten, then monante and the Vulgar Destreza tradition. In late 2018, he relocated to Salt Lake City and joined the True Edge Academy of Swordsmanship. Outside of HEMA, Mat works as a clinical lab tech and loves working with blood and microscopes.