

Broader Horizons for Better Fencing

From singing to weightlifting, there are fundamental mechanics to be found in many everyday activities and hobbies that can improve our fencing. We'll explore effective breathing and core engagement with vocal technique (no one required to sing), optimal loaded movement in weightlifting, and postural stability at a distance with drawing. All of these will be applied in structured drills as we move through the class and can be applied to any weapon. By the end of the class, students should leave with the understanding that efficient use of the body can be observed, identified, and applied to or from many otherwise unrelated activities, broadening their ideas of where mastery can be found.

Required Equipment: Sword

Instructor Bio

Bryant Coston has been a martial artist for over 15 years and a member of the HEMA community for the last 5 years. After an accident in 2012 that left him with severely injured, Bryant began studying manual physical therapy, corrective exercise and strength training as a means of regaining & surpassing his previous strength & mobility. Combining his experience in body mechanics with studies on Fiore, Liechtenauer, Meyer, Fabris, I.33 and Ott Jud, he has developed an effective, cross-weapon curriculum that he now teaches at his school, the [Academy of Western Martial Arts in Austin, TX](#).

In addition to studying & teaching HEMA, Bryant constantly seeks new physical skills to learn from. He has studied singing, archery, cello, and much more. He believes there is always something new to learn from unexpected places and he loves bridging the space between seemingly unrelated skills.

You might be familiar with Bryant from the Modern Rogue's [video on Fabris' rapier](#), with the Austin Historical Weapons Guild.