

## ***The Challenges***

### *Newcomers/ Never been to an SCA event*

- Hit a tennis ball suspended on a string 10 times.
- Demonstrate 10 good lunges
- Demonstrate a thrust with your sword
- Describe what makes a good thrust vs a bad one.
- Demonstrate a good “guard” or fighting posture.
- Describe why the guard is “good”- its advantages
- Name 10 fencing masters that published or at least died before 1620
- Demonstrate 10 good cuts

### *Scholar*

- Demonstrate 20 good extensions, 10 in second 10 in fourth.
- Demonstrate 15 good lunges
- Describe what makes a good lunge.
- Demonstrate 20 advancing steps
- Demonstrate 20 passing steps
- Demonstrate 20 retreats
- Hit a tennis ball on a string 20 times with an advance and lunge
- Demonstrate a series of at least 5 parries.
- Demonstrate a series of 8 cuts.
- Demonstrate any of these items with your non-dominant hand.
- Demonstrate your basic on guard with two weapons. (sword and dagger, sword and buckler, sword and cloak)
- Describe the pros and cons of your on guard position.
- Tell us about your learning goals.

### *Free Scholar*

- Research a period master and tell us why they are important to the sport.
- Research three interesting historical facts about a fencing master.
- Demonstrate an attack from a period style.
- What is important about the attack you chose to demonstrate?
- Demonstrate this with your non-dominant hand.
- You may repeat these same tasks with other attacks.

### *White Scarf*

- Pick a plate from a period Manuel. Demonstrate it.
- Teach this plate
- Elucidate the principles this plate teaches.

- Describe your chosen method of teaching and how it enables your students to learn.
- Demonstrate an alternative means for teaching this plate.
- Explain why you chose this plate and its historical significance.
- Demonstrate this plate with your non-dominant hand.
- Explain the differences for a fighter, who uses your non-dominant hand, applying this plate in a fight.
- Explain how different heights affect this plate and how to overcome those challenges
- Explain the differences in mass and strength affect this plate and how to adapt to those conditions.
- Pick a second plate from a different period Manuel. Demonstrate it and then describe how it compares to / contrasts with the first plate.

*Master*

- Pick a plate from a period Manuel. Demonstrate variations from the (losing) opponent and how the author might have suggested you handle them (each variant is one challenge choice.)
- Teach the variations. (each "lesson" counts as two challenge choices.)
- Elucidate the principles the variations teach.
- Describe your teaching method and what types of students or learning styles are likely to learn best.
- Demonstrate an alternative means for teaching this same series.
- Explain why you chose this series and its historical significance.
- Demonstrate this series with your non-dominant hand.
- Explain any difference for a fighter, fighting with your non-dominant hand, applying these variations.
- Explain how differences in height affect this series and how to overcome those challenges.
- Explain how differences in mass and strength affect this series and how to adapt to those conditions.