

Johann's Equipment Guide

The minimum required equipment is a sword or sword simulator such as a Shinai, a fencing mask and a good pair of gloves. We also recommend neck/throat protection and a box.

Masks and other Head Protection

We recommend the Leon Paul Club/Competition Range for starter masks (www.leonpaul.com):

Unisex Sabre Mask 350 newton bib Ref: 29CWA

The ultimate club mask. Ref: 29C

For steel sparring, we recommend a high quality mask, such as:
Specialist coaching mask 1600 Newton. Ref: A280C

Other suppliers:

www.duellist.com/cgi-bin/fencing.cgi

www.allstar-fencing.co.uk

Helmets for Hema:

www.thatguysproducts.com - Custom tailored masks

Windrose Armoury (sparring helm) -

http://www.windrosearmoury.com/zc/index.php?main_page=index&cPath=30_131

HEMA, Medieval weapons and armour

Get Dressed for Battle Ltd - <http://www.gdfb.co.uk/acatalog/info.html>

Windrose Armoury - <http://www.windrosearmoury.com/zc/>

The Grange - <http://shop.suspensionofdisbelief.co.uk/hema?limit=all>

Steel Mastery - http://steel-mastery.com/index.php?&model=cat_page&category_id=17

Back of Head/Neck protection

Allstar (Hema neck protection) -

https://www.allstar.de/index.php?cPath=55&option=com_oscommerce&osMod=index&Itemid=3&osCsid=79321ddd1cebc9f397a42cc49121c89

Steel Mastery - <http://steel->

[mastery.com/index.php?&model=products_list&category_id=39&parent_id=17](http://steel-mastery.com/index.php?&model=products_list&category_id=39&parent_id=17)

Or see me about DIY options.

Throat protection

Slazenger International Throat Protector:

http://www.holdall.co.uk/product/14065/0/slazenger_international_throat_protector/ffb5377d6a8d2ef49f53b1ee2836d453

Gryphon Throat protector & OBO Senior Throat Protector:

<http://www.hockeyandcricket.com/cat/hockey-helmets-throat-protectors-28.html>

Windrose Armoury (Brigandine Gorget) -

http://www.windrosearmoury.com/zc/index.php?main_page=index&cPath=1_7

Steel Mastery - <http://steel->

[mastery.com/index.php?&model=products_list&category_id=39&parent_id=17](http://steel-mastery.com/index.php?&model=products_list&category_id=39&parent_id=17)

Or see me about DIY options.

Chest, Body and Arms

Our "Flak Jacket" is a low cost option for filling this void in protection. See one of us for instructions on how to build your own.

Plastic-plastron:

Allstar - <http://www.allstar-fencing.co.uk/online-shop.asp?cat=AA&sub=CA>

The Duellist - http://www.duellist.com/cgi-bin/fencing.cgi?product=Chest_Protectors

Leon Paul - http://www.leonpaul.com/acatalog/Chest_Protectors.html

The Grange - <http://shop.suspensionofdisbelief.co.uk/hema?limit=all>

Gambeson:

Matuls - <http://www.matuls.pl/index.php?IDP=1&Lng=1&IDKategoria=4>

Steel Mastery - http://steel-mastery.com/index.php?&model=products_list&category_id=40&parent_id=17

Padded Armour Company - <http://www.paddedarmour.com/>

Riding Vests and shoulder protection:

Charles Owen Shoulder Protection Shirt & Body Protector -

http://www.longmelfordsaddlery.co.uk/shop/enter.html?target=Body_ProtectionCharles_Owen.html

Air O Wear Reiver Elite Body Protector -

<http://www.carouselsaddlery.co.uk/trolleyed/11/index.htm>

Padded shirts:

Hillbilly Impact Shirt - <http://www.atbshop.co.uk/productdetails.php?id=1529&cat=pro>

Reebok Padded Shirt -

http://www.247hockey.com/pd_reebok_rbk_6k_padded_shirt_senior.cfm

Riot gear:

Deenside Military and Civilian Protective equipment - <http://www.deenside.co.uk/>

Galls - <http://www.galls.com/>

Moto-cross:

SixSixOne - <http://www.sixsixone.com/>

Lacrosse:

UK Lacrosse - <http://www.uklacrosse.com/mens-equipment-c83.html>

Forearm/elbow protectors:

Again, these can be found in many sports and martial arts shops, for example

Basic elasticised forearm pads can be found here: <http://www.playwell.co.uk/elasticated-forearm-pads-p-1712.html>

Gloves and gauntlets

UK Lacrosse - <http://www.uklacrosse.com/mens-equipment-c83.html>

The Grange - <http://shop.suspensionofdisbelief.co.uk/hema?limit=all>

Windrose Armoury (Kydex Gauntlets) -

http://www.windrosearmoury.com/zc/index.php?main_page=index&cPath=1_29

Steel Mastery - http://steel-mastery.com/index.php?&model=products_list&category_id=39&parent_id=17

Leg protection

Mister-Solution (Brushcutter leg guards) - <http://www.mister-solutions.co.uk/shin-and-knee-guards-2772-p.asp>

Shoes

Nearly any flat soled trainer is suitable, but if you want a fencing specific shoe:

The Duellist - http://www.duellist.com/cgi-bin/fencing.cgi?product=Footwear_Shoes

Leon Paul - http://www.leonpaul.com/acatalog/Fencing_Footwear.html

The Grange (<http://shop.suspensionofdisbelief.co.uk/hema?limit=all>)

Swords, Sharp & Blunt

The Grange - <http://shop.suspensionofdisbelief.co.uk/hema?limit=all>

Modified Shinai

Nine Circles (BS-2 Shinai - Gun Ryu Dohari Size 39) -

<http://www.ninecircles.co.uk/items.asp?CatID=100>

Cross guard:

Wooden cross guards can be made by yourself using hickory or oak from a pickaxe handle, or buy one from Medieval Art and Woodcraft - <http://www.medievalartandwoodcraft.com/>

Weight:

A standard shinai is significantly underweight so you will need to add a 500-800g weight, fitted above the guard. You can either buy some roofing lead from a DIY shop, cut it out and roll it yourself, wrapping tape around it, or you can ask me to cast a new batch of lead rings.

'Ubershinai':

An alternative to the above method, with everything already made. These are available from Paul Bennett - medievalartandwoodcraft@hotmail.co.uk

Nylon wasters

Currently only the nylon sword simulators we use are those made by the Knight Shop -

http://www.theknightshop.co.uk/catalog/hema-nylon-waster-sparring-swords-c-563_573.html?osCsid=49f82e6c24695e07711fd7ade39a2b2d

Or the "Pentti" wasters made by Pentti Kangasmaa of GFHS - <http://www.ghfs.se/>

Wooden wasters

Medieval Art and Woodcraft - <http://www.medievalartandwoodcraft.com/>

Purpleheart Armoury - <http://www.woodenswords.com/WMA/index.htm>

Sword bags and cases

The Grange - <http://shop.suspensionofdisbelief.co.uk/hema?limit=all>