



## **The Association for Renaissance Martial Arts (ARMA)**

*is an educational non-profit organization dedicated to the serious study and practice of the Martial Arts of Renaissance Europe. The ARMA has members all over the United States and in many countries worldwide. So what are the Martial Arts of Renaissance Europe? Beginning in the late 13th century, many Masters of Defense in Europe recorded their teachings, and dozens of these books have survived from several European countries. These books detail highly sophisticated martial arts, not only unarmed but also using a variety of weapons. Both art and science, the Martial Arts of Renaissance Europe build upon a core foundation of simple yet sophisticated principles which underlie all techniques.*

*The ARMA is not interested in sport or fantasy role-play. While both of those are fine in their own right, we are first and foremost a martial arts organization. ARMA emphasizes practical application using partnered and solo drills and sparring using wooden simulators and blunt steel training weapons. Our core weapon is the longsword, a light and extremely versatile two-handed weapon which provides the foundation from which all other weapons are learned, including rapier, staff, dagger, and even unarmed skills.*

### **The ARMA credo:**

- *Respect for History and Heritage*
- *Sincerity of Effort*
- *Integrity of Scholarship*
- *Appreciation of Martial Spirit*
- *Cultivation of Self-Discipline*

For more information, visit [www.thearma.org](http://www.thearma.org).

To contact the local group, contact David Kite at [mdavidkite@gmail.com](mailto:mdavidkite@gmail.com).