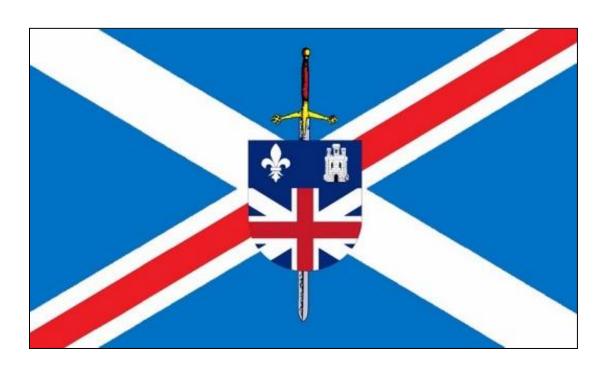
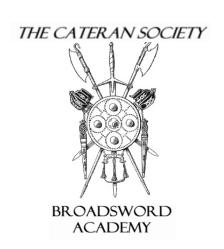
# Caledonian Broadsword Academy of Baton Rouge, LA

# handbook and General Information



A Proud Section of the Caledonian Society of Baton Rouge and an Official Branch of the Cateran Society





# statement of identity and mission

#### I. Mission Statement:

The Caledonian Broadsword Academy of Baton Rouge strives to preserve, study, practice, and share the unique styles of Scottish swordsmanship and martial arts, particularly as it concerns the Highland Broadsword.

#### **II. Identity Statement:**

The Caledonian Broadsword Academy Baton Rouge, LA (formerly and informally "the Caledonian Claymore Club") is a section of the Caledonian Society of Baton Rouge that is dedicated to the study, practice, and preservation of the unique styles of Scottish swordsmanship and martial arts, particularly as it concerns the Highland Broadsword, also known as the Baskethilt Broadsword or the Claymore. It is also for the purpose of fellowship and fraternity of the members and participants which shall give social support and structure for the continuation of the group and thus the art.

The Broadsword Academy is an official branch of the Cateran Society, an international affiliation of Highland Broadsword practitioners, students, and mentors, whose President or designee serves as the Club's Mentor for any arts in which the Instructor is not a certified mentor. The curriculum for study in the Broadsword Academy derives directly from the Cateran Society, whose work is based on the study of historical manuals and documents.

The Caledonian Broadsword Academy invites any and all capable persons to study these Scottish martial arts, provided those parties meet the minimum requirements for membership.

#### III. Statement of Affiliation

The Caledonian Broadsword Academy is a proud section of the Caledonian Society of Baton Rouge and derives its incorporation thereby. It, however, derives its teaching authority and tradition from the Cateran Society. This connection with the two societies should be preserved and promoted. At no time should either society make demands that the Broadsword Academy sever affiliation with the other without reasonable cause.

## membership and behavior

#### IV. Requirements for Membership:

To be a full member of the Caledonian Broadsword Academy, one must meet the following criteria:

- Hold membership in the Caledonian Society of Baton Rouge
- Be of at least 14 years of age or older
- Agree to abide by the Academy's Mission, Guidelines, and Rules as set forth in this manual
- Complete a Signed Waiver and Release of Liability Agreement
- Receive acceptance by the Instructor as an apprentice

#### V. Guidelines and Rules:

1. **Attendance:** Members should make every effort to attend regularly scheduled classes and practice sessions. Those members who must miss meetings should notify the Instructor at their earliest possible convenience. Members who have failed to attend regular meetings without correspondence to the Instructor

for a period of three months will be put on inactive status and if another three months pass without class attendance, that member will be dropped from the Broadsword Academy's rolls. Attendance at demonstrations and non-regularly scheduled events are encouraged and are expected of members whenever possible. Inability to attend a given event should be reported to the Instructor.

2. **Behavior:** Members are expected to show courtesy, demonstrate honesty, display self-control, and execute restraint any time they are performing martial arts, or representing the Broadsword Academy or the Caledonian Society. Members should also display a willingness to learn as well as to teach others what they have learned so that the Art of the Highland Broadsword might be preserved. When fencing or practicing, members must never seek to injure their opponent or training partner through either malicious intent or gross negligence.

Members who fail to do the above will be given verbal notification of the actions that were deemed inappropriate. If the action persists, then written notification will be issued and copied to the Caledonian Society Executive Committee and kept on file. If the action still continues or if the first offense is of an egregious nature, the member will be asked to deliver a formal written apology to the Academy and Society and any offended parties. The Board of Directors of the Caledonian Society will be consulted concerning the continuation of that party's membership.

3. **Personal Training:** In addition to classes, members are expected to train privately or with a partner at least once a week in order to improve in their skills as a broadsword practitioner. This training should include reading of broadsword materials and manuals, watching of videos provided by the Cateran Society and our own society, and most importantly, through the physical exercises of the broadsword.

The Instructor reports to the Cateran Society training reports on a monthly basis. This report will consist of the official club practices, the Instructor's private training, and any reports or questions submitted to the Instructor by the membership to pass on to the Cateran Society.

Any member is at liberty to call an unofficial practice at any location in order to train with a partner. The Instructor should be informed of this meeting beforehand, but does not at all require his or her approval. It is requested that a brief summary of the training at unofficial practices be submitted to the Instructor to aid in the creation of lessons and submit with training reports to the Cateran Society.

4. **Equipment:** Members are expected to own their equipment and to keep it in working and a safe condition ("A safe condition" must account for safety to one's own person, their partner/adversary, referee, judges, as well as spectators). The Instructor will have the final say on what constitutes safe and unsafe equipment as the safety of the entire group is his responsibility.

#### Required Equipment for Beginners:

- -Synthetic Highland Broadsword (Rawlings or Purpleheart Armouries)
- -Three-weapon fencing mask, or similarly protective head gear—including helmet, mask, and throat protection
- -Athletic Cup (required for males, optional for females)
- -Gloves (padded or unpadded, to prevent blisters and secure weapon more firmly in your grip)

#### Recommended Equipment for Intermediates:

- -Broadsword Academy (Manual) by Christopher Scott Thompson (available at Lulu.com)
- -Manica or Arm Guard (leather, plastic, or padded sleeve used to protect the arm and wrist)

- -Padded armor or gambeson
- -Knee pads and/or shin guards
- -Rattan singlestick with baskethilt (the basket may be made of any rigid and safe material)

#### Recommended Equipment for Advanced students:

- -Steel Baskethilt Broadsword/Backsword (Carbon Forged Steel, meets safety standards)
- 5. **Roll of Instructor & Structure of Authority:** The Instructor is responsible to direct the Academy in accordance with its mission statement as well as the mission of the Caledonian Society of Baton Rouge. It is the Instructor's job to lead lessons in Broadsword and arrange for instruction and educational and promotional opportunities for both the members and the public.

When at a Broadsword demonstration, tournament, or other event when the members are formally representing the Broadsword Academy and the Caledonian Society, the members are expected to submit to the direction of the Instructor, or in his absence, the most senior certified member of the Academy in attendance.

Most of all, the Instructor is charged with maintaining a safe environment for training and the arts practiced at the Academy. The Instructor must have the final say on matters of safety and should tread on the side of caution. Members, guests, and junior certified instructors should respect the Instructor's wishes on matters of safety.

## academy identity & progression

#### VI. Symbols and Logo:

The Caledonian Broadsword Academy will be represented by the Scottish national flag, with a scarlet bendlet sinister, defaced by a Scottish two-handed claymore, and the Shield of Baton Rouge. This basic symbol may be modified by heraldic traditions for purposes that coincide and are consistent with the mission of the Academy. (Example: this flag may be transferred to a shield). It may also be defaced with the name of the Academy for purposes of promotion. However, permission should be sought from the Instructor before this is done. In the absence of this flag the Scottish Saltire will be used, and in absence of that another flag representing Scotland or Louisiana or the United States may be used.



#### VII. Ranking System:

In the Caledonian Broadsword Academy of Baton Rouge, there is a system of grades or ranks that signifies a student's experience, seniority, office, and teaching authority. This is to establish incentive

for diligent and dedicated study, and to better structure the focus of each student according to their skill level. All students who are new to the system of Highland Broadsword will begin as an Initiate and progress through the ranks as they demonstrate to their mentors that they are ready to progress to more difficult training and further study and scholarship. The exception to this is a student who, while new the Highland Broadsword system, is experienced in the use of the sword through other styles and traditions. Students who fall into this category will be placed at the discretion of their Highland Broadsword mentor considering the student's level of skill and experience as well as relevance of their style of swordplay. For while it may be technically true that a master of the rapier, for instance, does not know the particular guards and cuts as according to Henry Angelo, his experience with a blade will allow him to progress rapidly through the beginner ranks, and it would not be fitting to call such a person an "Initiate" or "Novice" regarding the sword.

All students who are not mentors of a particular art are apprentices and progress through the levels as described below for *Regimental Highland Broadsword of Henry Angelo* (as all students start with this system). Mentors of one particular art, such as *Regimental Highland Broadsword of Henry Angelo*, may be apprentices of *Broadsword and Targe According to Thomas Page* but do not progress through the Apprentice Ranks again.

#### Apprentice Ranks:

#### -Initiate:

The Initiate is someone who is new to Broadsword fencing and probably new to fencing in general. He will be learning the basics and fundamentals of technique, focusing on creating good habits and muscle memory in order to create better building blocks for future study. The Initiate will need a lot of independent practice at home in order to do this.

During this early period, it is important that the Initiate diligently works to increase his arm-strength, so that the extended practices of cuts and guards will not be too tiresome—and particularly so that the Hanging Guard will be used to better effect.

Below lists the primary focuses of this grade. Although other exercises, concepts, service, and study will be taught and expected, these are the particulars that must be satisfactorily demonstrated before advancement to the next grade.

#### **Exercises and Techniques of Primary Focus:**

#### Footwork:

- •Stances: In-line and Off-line
- Traversing
- •Advancing & Retreating
- •Lunge, Shift, and Lunge & Shift
- •Distancing Exercise

#### Fundamentals:

- •The Guards Exercise
- •Figure of 8 (Cuts 3 & 4)
- •The Cuts Exercise
- •Thrusts Exercise
- •The Manual Exercise

#### **Cateran Concepts of Primary Focus:**

- •Linear Footwork
- •Circular Footwork

#### Other Requirements before Advancement:

In addition to the above, a demonstrated commitment to continue study is all that is required to progress to the rank of Novice.

#### -Novice:

The Novice is considered a beginner, still new to Highland Broadsword but with an understanding of the fundamentals of the system. He will be polishing the basics and fundamentals of technique, continuing to build muscle memory and good habits. At this point, the Novice will begin learning the Ten Lessons of Henry Angelo—focusing on the first five lessons from the "Defender" position.

At this point, the Novice will begin focusing more on the Cateran System of Defense, which encompasses all of the arts promoted by the Cateran Society.

Also, the Novice, must begin to provide his own equipment if he has not already done so. This is important for practical reasons as well as that it demonstrates a sincere intent to continue in study. In addition, the Novice is expected to show a willingness to volunteer for service in some aspect that promotes our art, historical European martial arts (HEMA), Scottish culture, their House of Worship, or their community.

Below lists the primary focuses of this grade. Although other exercises, concepts, service, and study will be taught and expected, these are the particulars that must be satisfactorily demonstrated before advancement to the next grade.

#### **Exercises and Techniques of Primary Focus:**

- •Guards Exercise
- •Figure of 8 (Cuts 3 & 4)
- •Cuts Exercise
- •Thrusts Exercise
- •The Manual Exercise
- •Lessons 1-5 of Henry Angelo (Defender)

#### **Cateran Concepts of Primary Focus:**

- •The Line of Defense
- •The Line of Balance
- •The Lines of Attack
- •Set Play
- •Loose Play

#### **Other Requirements before Advancement:**

- •The acquisition of required equipment as financially feasible for the student
- •A demonstration of service through volunteering to promote: Highland Broadsword, HEMA, Scottish culture, their House of Worship, or their community.

#### -Junior Scholar:

The Junior Scholar is still considered a beginner, but with a burgeoning understanding of the fundamentals of the system and an increasing understanding of their applicability in free fencing or "Loose Play". He will continue polishing the basics and fundamentals of technique, continuing to build muscle memory and good habits.

He will primarily focus on learning the Ten Lessons of Henry Angelo—focusing on the "Defender" position.

At this point, the Junior Scholar will begin "Loose Play" and non-Broadsword League Bouts and will need to spend both a significant amount of time and demonstrate significant skill and improvement before being promoted to the level of Scholar, 1<sup>st</sup> degree and joining the Broadsword League.

In addition to practical skills, the Junior Scholar is expected to continue the volunteer service mentioned previously. They are also expected to begin (if they have not already done so) study of broadsword manuals, sword fighting theory, etc.

Below lists the primary focuses of this grade. Although other exercises, concepts, service, and study will be taught and expected, these are the particulars that must be satisfactorily demonstrated before advancement to the next grade.

#### **Exercises and Techniques of Primary Focus:**

- Actions on the Blade:
- •The Beat
- •The Disengage
- •The Ten Lessons of Henry Angelo (Defender)
- "Loose Play"/Bouting

#### **Cateran Concepts of Primary Focus:**

- •The Box
- •The Stop
- •The True Cross
- •Time and Distance

#### Other Requirements before Advancement:

- •Minimum of six months of "Loose Play"
- •Demonstration of martial scholarship
- •A demonstration of service through volunteering to promote: Highland Broadsword, HEMA, Scottish culture, their House of Worship, or their community.
- •The continued acquisition of required equipment as financially feasible for the student

#### -Scholar, 1<sup>st</sup> degree:

The Scholar is the first of the Intermediate grades, where the student will more consistently apply the fundamentals of the system in free fencing or "Loose Play" where they will begin participation in the Broadsword League (if they meet League requirements). He will begin focus on the more advanced aspects of the Regimental Highland Broadsword curriculum and the Cateran System.

He will focus on learning the Ten Lessons of Henry Angelo from the "Antagonist" position.

The Scholar focuses on "Loose Play" and Broadsword League Bouts and will need to spend both a significant amount of time and demonstrate significant skill and improvement before being promoted to the level of Scholar, 2<sup>nd</sup> degree and joining the Broadsword League.

In addition to practical skills, the Scholar is expected to continue the volunteer service mentioned previously. They are also expected to continue study of broadsword manuals, sword fighting theory, etc.

Below lists the primary focuses of this grade. Although other exercises, concepts, service, and study will be taught and expected, these are the particulars that must be satisfactorily demonstrated before advancement to the next grade.

#### **Exercises and Techniques of Primary Focus:**

- •Actions on the Blade:
- •The Beat
- •The Disengage
- •The Beat-Disengage
- •The Glizade
- •The Ten Lessons of Henry Angelo (Antagonist)
- "Loose Play"/Bouting

#### **Cateran Concepts of Primary Focus:**

- •The Chop
- •The Slip

- •Strike and Fly Out
- •Enclose and Command
- •Touch and Don't Be Touched
- •The Seven Words

#### **Other Requirements before Advancement:**

- •Minimum of six months of Broadsword Bouts
- •Demonstration of martial scholarship
- •A demonstration of service through volunteering to promote: Highland Broadsword, HEMA, Scottish culture, their House of Worship, or their community.
- •The completed acquisition of required equipment

#### -Scholar, 2<sup>nd</sup> degree:

The Scholar,  $2^{nd}$  degree focuses on much of the same aspects as the Scholar,  $1^{st}$  degree. However, he is expected to show significant improvement in his skills with the broadsword as well as dedication to the Academy.

Below lists the primary focuses of this grade. Although other exercises, concepts, service, and study will be taught and expected, these are the particulars that must be satisfactorily demonstrated before advancement to the next grade.

#### **Exercises and Techniques of Primary Focus:**

- "Loose Play"/Bouting
- •The Disarms and Counter Disarms

#### **Cateran Concepts of Primary Focus:**

- •The Seven Words
- Opposition
- •Predatory Defense
- •Ahead and Behind
- •Contact, Control, Kill

#### Other Requirements before Advancement:

- •Demonstration of martial scholarship
- •A demonstration of service through volunteering to promote: Highland Broadsword, HEMA, Scottish culture, their House of Worship, or their community.

#### -Scholar, 3<sup>rd</sup> degree:

The Scholar, 3<sup>rd</sup> degree focuses on much of the same aspects as the Scholars of 1<sup>st</sup> and 2<sup>nd</sup> degree. However, he is expected to show significant improvement in his skills with the broadsword preparing to participate in a martial exchange or challenge with a qualified practitioner of another style. Also, before being promoted to the level of Mentor, the candidate will need to complete a written and/or oral examination demonstrating their knowledge and teaching ability of the system. In addition, the candidate must be willing to take a significant leadership role in the Academy.

Below lists the primary focuses of this grade. Although other exercises, concepts, service, and study will be taught and expected, these are the particulars that must be satisfactorily demonstrated before advancement to the next grade.

#### **Exercises and Techniques of Primary Focus:**

- "Loose Play"/Bouting
- •Secrets of the Highland Broadsword

#### **Cateran Concepts of Primary Focus:**

•The Seven Words

- Opposition
- •Predatory Defense
- •Ahead and Behind
- •Contact, Control, Kill
- •Spontaneous Fluidity

Anything but Taking the Life

•Promiscuous Combat

#### **Other Requirements before Advancement:**

- •Completion of a Martial Exchange or Martial Challenge
- •A willingness to take on a leadership role in the Academy
- •Demonstration of martial scholarship
- •A demonstration of service through volunteering to promote: Highland Broadsword, HEMA, Scottish culture, their House of Worship, or their community.

#### Mentor Ranks:

A mentor receives a new degree for each new art of which he satisfactorily demonstrates the system and techniques to his mentor of that art.

- -Mentor, 1<sup>st</sup> degree
- -Mentor, 2<sup>nd</sup> degree
- -Mentor, 3<sup>rd</sup> degree
- -Mentor, 4<sup>th</sup> degree

#### -Cateran:

You may be certified as a Cateran if you meet the following conditions:

- 1)- You are certified as a Mentor of at least the fourth degree.
- 2)- You have successfully demonstrated a broad and deep understanding of our art, and shown high-level skill in a public venue such as a series of challenge matches, tournament competition or a prize playing or "all comers" martial challenge. You must be certified by an existing Cateran.