



## FEATURES

### 16 **How to fight when you have to: The defensive arts of Jean Joseph-Renaud**

A champion fencer by the age of 16, Jean Joseph-Renaud later blended savate, boxing, jujitsu and even pistol use into an effective martial art.



### 24 *A history of the European martial arts, part 2* **The noble science of defense: European martial arts and the Renaissance**

Our series on European martial arts continues with a period that, although it still carried many influences from the Middle Ages, was dominated by the rapier.



### 31 **The elements of test cutting**

Many people who own a sharp sword like to practice cutting things with it, but it's not "test cutting" unless you're clear about what it is you're testing.

### 34 **Four days in Racine**

Returning to the scenic DeKoven Center on the shore of Lake Michigan in Racine, Wis., the 8th Western Martial Arts Workshop drew a near-sellout crowd from across the U.S. and six other countries for an expanded four-day schedule.



### 38 **Taking up the Italian rapier**

Elegant and deadly, the rapier was ubiquitous as a duelling and self-defense weapon for centuries, and its popularity within the WMA community continues to rise.

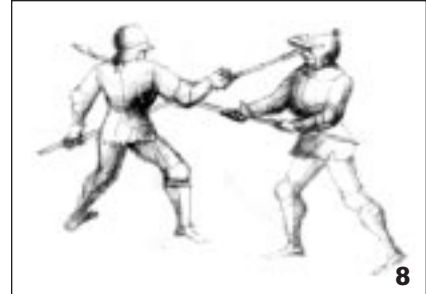
## COLUMNS

**8 Western Warriors**

Galeazzo da Mantova: The ideal condottiero

**12 Instructor's Corner**

Safely teaching students to 'meet the mat'



## DEPARTMENTS

**6 Editorial**

**7 Letters to the Editor**

**7 From the Publisher**

**46 Book Review:** "The Duellist's Companion"

**47 Book Review:** "In Service of the Duke": Paulus Kal's Fechtbuch

**48 DVD Review:** "The Messer of Johannes Lecküchner, part 1"

**50 Directory of WMA groups**

**56 Coming soon...**



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If you have any doubt about the risks of practicing any technique, either do not practice that technique or practice it only under controlled circumstances and as slowly as possible. Remember at all times that you are responsible for the safety of two people: yourself and your training partner. We also recommend that before joining any WMA group or school, you read the article posted at [www.salvatorfabris.com/LegitimateTeachers.shtml](http://www.salvatorfabris.com/LegitimateTeachers.shtml).

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