

FOR IMMEDIATE RELEASE

Discover Sword Fighting with Black Belt Books

Learn how to master the concepts and drills of the medieval long sword with Black Belt Book's first guide to European weaponry techniques!

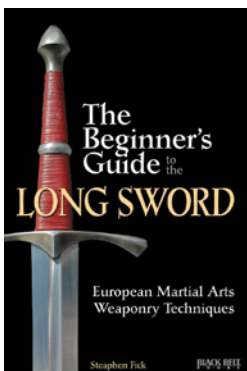
Valencia, Calif. (BLACK BELT) May 11, 2008—Jump into the world of sword fighting with *The Beginner's Guide to the Long Sword: European Martial Arts Weaponry Techniques*. More than just a reference guide for novices, this book acts as a gateway for readers of all skill levels to learn sword-fighting lessons and fun drills for safe practice with friends or fellow students.

Written by longtime sword instructor Steaphen Fick, *The Beginner's Guide to the Long Sword* gives readers everything they need to know to start sword fighting. Rather than overwhelming the reader with archaic and abstract theories, the book focuses on the popular, practical and fundamental elements that make swordplay so exciting.

The Beginner's Guide to the Long Sword teaches readers how to hold a sword, safely swing a blade, grip a hilt, make large and small cuts, carefully practice with a training partner, parry and block, move the body and sword in sync, take advantage of an adversary and much more!

To facilitate easy understanding of all these topics, the book is divided into three distinct sections. The first part dissects universal sword-fighting theories, while the second and third parts expand on them. Instead of just reading about sword concepts, readers are invited to get up off their couches and practice.

However, no matter the reader's purpose, the book's clear structure, entertaining anecdotes, helpful pictures and informative appendixes will help them succeed. Written for sword-fighting fans just hungry for theory or students on the road to martial arts mastery, *The Beginner's Guide to the Long Sword* is the place to start!



***The Beginner's Guide to the Long Sword:
European Martial Arts Weaponry Techniques***

By Steaphen Fick

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www.blackbeltmag.com/long_sword

ABOUT THE AUTHOR

Steaphen Fick is the founder of the Davenriche European Martial Arts School as well as the International Medieval Tournament Association, two organizations dedicated to bringing medieval combat styles to the 21st century. With 20 years of experience in European martial arts, Fick is an internationally ranked provost and two-time rapier winner at the International Sword and Martial Arts Convention. He has also competed in fully armored tournaments and has taught in the United States, England and Canada. He currently resides in Santa Clara, California.

ABOUT BLACK BELT

Black Belt is the world's leading martial arts magazine and is dedicated to both the classical and the eclectic martial arts. First published in 1961, *Black Belt* features interviews with the world's most prestigious martial artists and historical pieces on the philosophies of various combat styles, as well as in-depth coverage of the latest techniques, weapons, self-defense systems, training regimens and industry trends. It also continues to publish instructional books and DVDs from a variety of disciplines, including *jujutsu*, mixed martial arts, reality-based self-defense, grappling, *jeet kune do* and more. For more on *Black Belt* and its line of books and DVDs, visit www.blackbeltmag.com

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