



BFHS
AUTUMN
EXCHANGE

2011

Welcome to the BFHS Autumn Exchange 2011

Hosted by – The Aisle O’var Backswording Clubbe

Greetings,

On behalf of the Aisle O’var Backswording Clubbe I would like to welcome you to this year’s event.

In this welcome pack you will find all the details you need for the event.

- Where the event is being held
- Registration and attendance fee
- Directions to the event
- Accommodation
- Places to eat
- The event program
- Tournament details
- BFHS REP’s meeting details

I look forward to meeting all those able to attend this years BFHS Autumn Exchange and I would like to take this opportunity to thank all those giving their time in helping out to put this event on for all BFHS members to enjoy.

Kind regards

Pete ‘Buzzsaw’ Holland

Chief instructor

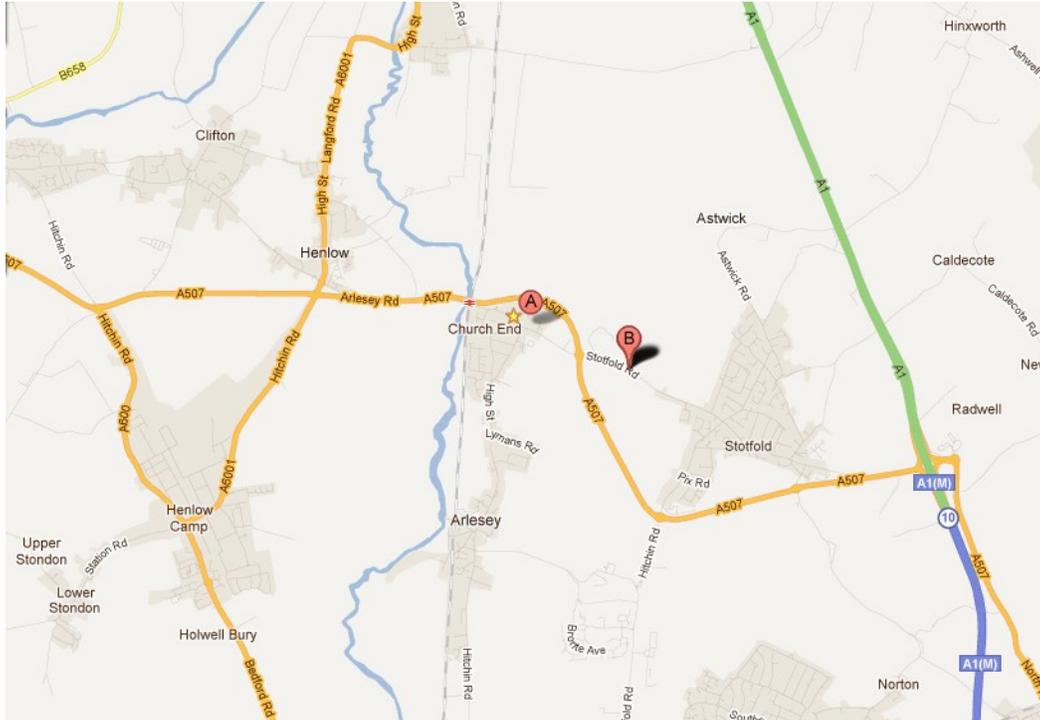
Aisle O’var backswording Clubbe

When and where?

This year’s BFHS Autumn Exchange is being held on the 15th and 16th of October and will be held at Etonbury Middle School, Stotfold Road, Arlesey, Bedfordshire SG15 6XS. Arrivals for check in at 10am.

NO SMOKING ANYWHERE ON SITE

Those wishing to can arrive on the evening of Friday 14th. We will meet those arriving on the Friday at The Fox & Duck, 149 Arlesey Road, Stotfold, Bedfordshire SG5 4HE from 7.30pm



Etonbury School is at 'B' on the map

Registration and attendance fee

All registrations need to be in no later than the September 30th

To register please send me your name and which school/club your from via email pete.holland@btconnect.com and make a Bac's electronic payment to-

Account Name – Aisle O'var Backswording Clubbe

Sort Code – 20-41-12

Account Number - 23794814

Reference - Please use your full name as the reference number when paying.

Please use your full name as the reference number. If you are paying for more than one person please make sure you include their details in your booking email clearly stating who you have paid for and the total amount. You will receive a confirmation email back confirming your booking and details.

The fee for attending the event is £20 per person. This is entry for the Saturday and the Sunday and includes a buffet at the Fox and Duck on the Saturday night.

THERE IS NO DAY RATE

Directions to the event

This year's BFHS Autumn Exchange is being held on the 15th and 16th of October and will be held at Etonbury Middle School, Stotfold Road, Arlesey, Bedfordshire SG15 6XS

The venue has plenty of parking and is easily accessed via the A1 at junction 10. Follow the A507 for 3 roundabouts. On the third take the 3rd exit to Stotfold and the School and Pub are about ¼ of a mile down that road on the right.

The Venue can also be accessed via the M1. Leave the motorway at Junction 13 and follow the A507 towards Ampthill. Go passed Ampthill and keep following the A507 until you reach the same roundabout (3rd for the A1) and take the first exit. The school and pub will be about ¼ of a mile on your right.

See Google maps.

Also you can get off at Arlesey train station either directly up from Kings Cross or from Edinburgh south to Peterborough and then change for Kings Cross getting off at Arlesey. The Venue is about a 1 mile walk from the station.

See Google maps.

Accommodation

Camping

There is plenty of camping at The Fox and Duck pub, 149 Arlesey Road, Stotfold, Bedfordshire SG5 4HE from 7.30pm

The cost is £10 per night per person and you should deal with the Landlord on your arrival as to payment.

There is a toilet block but due to the cost of emptying it I have been told they need at least 10 people to be camping for the weekend to open the toilet block otherwise you can use the pub toilets up until closing time. Please keep the camp site clear of rubbish.

NOTE. Alcohol not purchased at the pub is not allowed to be drunk on site at the pub due to licensing.

There is also a campsite near Arlesey station called Henlow Bridge lakes. Details can be found at www.henlowbridgelakes.co.uk

Hotels and B&B's

The nearest main hotel is Days Inn, Stevenage North Radwell, Baldock SG7 5TR 01462 730 598 at junction 10 on the A1 a 5 minute drive from the venue. A 2 bed room is £49.95 however they may have other deals on and its worth giving them a ring to find out on 01462 730598

There are a few B&B's in the area.

There are a lot of options around the area so Google or Yell for other options if required.

Places to eat

The nearest place is of course The Fox and Duck. They do a wide range of food but pre booking of meals is essential. Details of their menu can be found on their website <http://foxandduckstotfold.co.uk/>

Other than this there are fish and chip shops, pizza and kebab shop, Cantonese takeaway, Indian restaurant and pubs in walking distance of the venue in Stotfold.

In Arlesey High Street as well as a few pubs throughout the village there are Chinese takeaways, an India restaurant, fish and chips and a kebab house.

At the service station on the A1 there is a Kentucky fried Chicken, McDonalds and Pizza hut.

There are also plenty of shops in the area the biggest in walking distance is the CO-OP in Stotfold the nearest is the village shop and post office (around the corner of the village shop) in Arlesey.

NOTE - As you will read on the schedule for the event there is a reps meeting on the Saturday. It will start at 6pm. Reps wanting to eat a meal prior to the meeting (buffet follows around 9pm) best make an early booking if you are eating at The Fox and Duck otherwise feel free to choose from the above.

Event Program

Friday 14th of October – Meet and greet from 7.30pm at The Fox and Duck, Stotfold for the early arrivals.

Saturday 15th of October

10.00am registration at the main hall, Etonbury School – Registration for tournaments

10.30am Welcome and Group warm up – With Pete 'Buzzsaw' Holland

11.00am Workshops start

Area A – 11.00am till 1pm – Mark Lancaster – Getting Cross with Fiore

Area B – 11.00am till 1pm – Jed Pascoe – The English Quarterstaff

Area C – 11.00am till 1pm – Lyle Drummond - He who stands still dies

1.00pm till 2.00pm- Lunch

Area A – 2.00pm till 4.00pm – Chris Stride – Longsword

Area B – 2.00pm till 4.00pm – Pete ‘Buzzsaw’ Holland – An introduction to the art of Cornish Wrestling

Area C – 2.00 till 4.00pm – Mark Hillyard – Drawing the Sword

Area A,B,C – 4.00pm till 4.45pm Free play

5.00pm – END

NOTE - The Buffet will be set out at 9 to 9.30pm at the Fox and Duck.

Workshop descriptions

Mark Lancaster – Getting Cross with Fiore

Basic description – Longsword (steel preferred) + hand and head protection

A full description will be forthcoming.

Peter 'Buzzsaw' Holland - An introduction to the art of Cornish Wrestling

The Cornish style of wrestling dates back over two thousand years, probably before the coming of the Romans and was originally known as Celtic wrestling. It is one of the few combat systems that has survived unbroken over the course of European history.

From early times the men of Cornwall established a formidable reputation as wrestlers. At the Battle of Agincourt, in 1415, where the banners symbolised the different county contingents, the Cornish banner depicted two wrestlers in a “hitch”. The banner needed no words, the picture was enough to let anyone know that the men of Cornwall were behind it.

This workshop will be an introduction to Cornish wrestling as it is played today as a sport and its application martially within the ancient and noble science of defence

Equipment required -

A Cornish wrestling jacket or eastern martial arts Gi (jacket) No T shirts under wrestling jackets, bare chest only (men)

Shorts (ideally knee length)

Ladies please wear a good fitting sports bra and top under your jacket that wont get easily pulled up or off.

If you have no jacket then a heavy shirt such as a lumber jack shirt will suffice

(Please don't be upset if you tear them)

Socks can be worn but bare feet is usual so please trim all finger and toe nails.

People with any foot ailments such as athletes foot, verruca's should not attend this workshop.

A towel if you require one as you will get sweaty

A bottle of water

All those attending will be required to fill out a PARQ (Physical Activity Readiness Questionnaire) form before the workshop starts so bring a pen.

This is a contact sport with throws to the floor. Injuries can occur so please be aware of this before putting your name down for this workshop

Lyle Drummond - He who stands still dies

It will be working on movement and time

kit - mask / stick or sword (jacket if using steel) forearm protection advisable.

Mark Hillyard - Drawing the Sword

Covers various techniques expounded in historical treatises covering the removal of the sword from its scabbard in a manner which allows you to efficiently engage your opponent.

Kit Required - Sword with scabbard. If you don't have a scabbard, let me know and I may be able to lend you one or jury rig you one.

Jed Pascoe – The English Quarterstaff

Forget what you've seen in the movies. Quarterstaff fighting was the martial art of the ordinary Englishman. With an 8" pole of stout wood in his hands and good technique to rely upon, the humble countryman was one of the most deadly fighters of the middle ages and arguably the equal in combat of any armoured knight.

This workshop, based on the writings of Silver, Swetnam, other past masters of the art, and modern practice, will explain the essentially simple techniques required to slip, ward, strike, attack and defend. You will learn how to move with the staff.

You will learn about strong v. weak, compass play, and wading.

You will be shown the five primary wards and their adaptations and applications.

You will be taught strikes, sweeps, grips, and closes.

All neatly tied up, if time allows, into an all-encompassing drill that fully explores the capabilities of what Silver described as the perfect weapon.

Equipment required:

A length of good quality dowel, mopstick or banister rail approx 30-35mm diameter. Ideally about 8" (2.5m) in length. As will be explained, Silver lays out the guideline dimensions based on each mans stature: however, in practice, this usually works out to about 8!

You may bring gloves if you feel you need them for grip or to avoid splinters, but we wont be sparring.

We have a few quarterstaff's available for loan, but if you can bring your own, that would be ideal as we can then fit a great many more people into the class.

Chris Stride - The Nachreisen: Two parts of the same principle

SATURDAY WORKSHOP

1st lesson.

Introducing the principles of the Nachreisen, commonly mistaken as a technique, and applying them to different techniques both in controlled examples and hopefully, if I can see you're sensible enough and have enough time, controlled free play. We will apply the principles to static positions (the breaking of the guards) and dynamic applications (plays from the manuscript). We will touch on the times of distance and times of intent as well as the centre line principle.

Equipment: Longsword simulator (ideally shinai, will accept wasters), fencing mask would be useful and gloves optional. Steels may be used but not without a fencing mask and gloves. **STRICTLY NO NYLON SIMULATORS**, they are too uncontrollable for use within the Liechtenhauer system, I will not entertain them I'm afraid. For the purpose of this lesson I would prefer shinai simulators, some of which I will have available! Whatever the simulator, you will be using like against like.

SUNDAY WORKSHOP

2nd lesson.

Challenging and moving the centre line: To side step, or not to side step, that is the question!

Applying the Nachreisen to the Masterhau and understanding how to gauge when and why the centreline is challenged or moved. Understanding how you move, the time of intent and proper mechanics with a longsword. Introducing the fulen and indes, the concept of peripheral perception and reading the body mechanics of your opponent.

Equipment: Longsword simulator (ideally shinai, will accept wasters), fencing mask would be useful and gloves optional. Steels may be used but not without a fencing mask and gloves. **STRICTLY NO NYLON**

SIMULATORS, they are too uncontrollable for use within the Liechtenhauer system, I will not entertain them I'm afraid. For the purpose of this lesson I would prefer shinai simulators, some of which I will have available! Whatever the simulator, you will be using like against like.

Sunday 15th of October

10-00am - Registration at the main hall, Etonbury School

10-30am – Group warm up – With Tina Holland

Area A – 11..00am - Longsword Tournament - Run by Mark Lancaster

Area B – 11.00am Chris Stride - The Nachreisen: Two parts of the same principle

Area C – 11.00am - Glorianna Cup Backsword Tournament – Run by Pete 'Buzzsaw' Holland

1.00pm till 2.00pm- Lunch

Area B - Cross training for all those not entering the tournaments

Area A, B, C – When tournaments end till 4-45pm - Free Play

Main Hall –4-30pm till 4.45pm – Tournament awards and Closing thanks

5.00PM End

Tournament Details

All details can be found in the PDF tournament rules at www.backswording.co.uk

BFHS Reps Meeting

The meeting will be held in the marquee to the rear of the Fox and Duck at 6pm till 9pm. There will be a round of sandwiches for nibbles however it is advised that all reps eat before the meeting either by booking a meal at The Fox and Duck (as its closest) or by finding an alternative which will allow reps to be ready to start the meeting prompt at 6pm.

The above program may be subject to change and will be updated in due course.