

Please refer to illustration sheet for general forms. Sizes below are related to the size of the person using the equipment. Personal preference may lead to sizes being slightly varied but major deviations from the dimensions indicated may lead to the weapon/shield being less effective.

Quarter-staff and long spear. (Not illustrated)

These are fast, multi-functional weapons taking tremendous skill and courage to use effectively. Your hands are very exposed to damage with this weapon and few people develop the confidence to use the real thing in combat. The practice weapon is easy to use and a lot less threatening. These weapons are the very best for dealing with wild animals (in which case they are constructed up to 20% longer). Please look at design of assegai (c) and pay particular attention to the ends of the staff.

Length:

From the ground to tip of nose. (For combat) Note that quarterstaffs are often depicted as being longer than this on TV etc. This appears to give you more reach and therefore an advantage, but if they are made too long the user is vulnerable to the faster, shorter, weapons. If you make yours too long Ceris will be only too glad to demonstrate this to you...

Construction:

3-4 canes taped together and covered with foam padding – with particular attention to the butts (as in assegai) as there needs to be at least 15mm padding around and 20mm extending from the ends.

Strike shield:

A multi-function weapon very useful in blocking all hand-held weapons, gives the best protection from missile weapons. When used with an assegai we feel this system outclasses the traditional sword and passive shield and even equals Musashi's Japanese two-sword system. The strike shield is also an effective weapon being used as much as the assegai in striking the opponent.

The shield should be the length of your arm, from armpit to fingertips – or slightly more. Width should be elbow to fingertips. The shield should be at least 5mm thick.

Construction from plastic drums (around 600mm diameter) is quick and easy, simply cut the shape vertically and you have the necessary curve (As in F).

The strap/handle holes should be 10% wider than your hand and forearm at the elbow. They should be sighted symmetrically between ends of the shield and be apart exactly the distance from your palm to 2/3 the distance to your elbow. The entire area of the shield that will be in contact with your arm should be padded (J) (one or two layers of kip-mat do well). The straps (H & K) can be climbing sling or webbing, the arm strap need not be tight but the hand strap should be tight enough to give you control but not enough to be uncomfortable.

The necessary 10mm padding is easily achieved by using double-sided tape and foam pipe-lagging. It should run round the entire edge of the shield.

You can decorate the surfaces with leatherette etc – but don't make the whole thing too heavy.

Head protection: Any helmet that meets British safety standards, covers the whole head, protects the face and eyes and gives good range of vision will do. Our helmets are available for training sessions and events. They are for sale but at £220:00 each you may want to look at alternatives!