

AHF KIT GUIDE

PROTECTIVE EQUIPMENT & TRAINING WEAPONS

2020 EDITION

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Introduction

All training equipment and training weapons are to be purchased and owned by club members. The instructors will loan training weapons out to get you started, but it is your responsibility to acquire the suitable equipment as laid out in this guide as quickly as possible. No equipment is required for your first session, but after this you should quickly acquire a fencing mask and begin to get the rest of the minimum required equipment as and when it is possible. You are responsible for the equipment you are wearing, and the training weapons you are using, and must ensure they are safe and in good condition at all times to prevent injury to yourself and others.

HEMA is an ever-growing hobby, and new products and manufacturers regularly appear. This guide is not an exhaustive list or limit on what is available to use at the club. If you have any questions or require any additional advice, please contact the instructors by email via the website, on Facebook (as individuals or through the AHF public page or members group) or talk to us in person at the sessions. All AHF members are eligible for a club discount on Red Dragon products, please contact us to find out how to get this discount.

The first things you should purchase are –

- Fencing mask with back of head protector or overlay.
- Red Dragon HEMA Sparring Gloves
- HEMA Fencing Jacket
- Elbow/Forearm Guards

Minimum Protective Equipment for Sparring

With Padded Swords

- Fencing Mask – from a reputable manufacturer (see below)

With Synthetic/Steel Swords

- Fencing Mask with back of the head protector.
- HEMA fencing jacket.
- Suitable gloves depending on weapon/guard type
- Rigid Knee and Elbow protection (for anything heavier than rapier).
- Throat protector

Additional Recommended Protective Equipment

- Groin guard
- Shin/forearm guards
- Plastic chest protector
- HEMA fencing breeches

Equipment Recommendations

The following equipment has been found to be the most useful to our training. However, this protective equipment is not a guarantee against injury, and must be used appropriately and with care for contact levels and your training partners.

Fencing Masks

- Red Dragon HEMA Fencing Mask
- Leon Paul Club Mask
- Leon Paul Titan X-Change HEMA Mask

Back of the head protector/Overlay

- SPES Vectir, Unity or Trinity.
- Red Dragon Full or leather Overlay
- Superior Fencing SF HEMA Full Fencing Mask Overlay

HEMA fencing jacket

- SPES AP 350N
- SPES AP Light 350N
- Red Dragon HEMA Sparring Jacket
- Red Dragon HEMA Light Sparring Jacket
- Superior Fencing SF Thermo Ventilation HEMA Jacket 800N
- Superior Fencing SF Angelo Jacket 800N

Suitable gloves depending on weapon/guard type

Suitable gloves must be worn on both hands when sparring. Sometimes this means different glove types for certain combinations of weapons, such as a light glove for rapier, and a medium glove for the dagger that is paired with it, or even if no secondary weapon is used,

Light Gloves (for basket hilts, rapier and similar)

- Any Sport Fencing or HEMA light glove
- Leather police riot gloves
- Any leather glove with long cuff (to overlap jacket sleeve)

Medium Gloves (for most synthetic sparring hilts, & steel complex hilts)

- Red Dragon with SPES or similar tip protectors in at least little finger and thumb.

Heavy Gloves (for steel sparring weapons)

- “Sparring Glove” Mittens or Special models.
- SPES lobster HEMA heavy gloves

Rigid Knee and Elbow protection (for anything heavier than rapier)

- SPES shell knee protectors (if using breeches)
- Red Dragon HEMA knee protectors (if using breeches)
- Red Dragon Knee and shin protectors

Throat protector

- Destroyer Modz Roughneck gorget
- Red Dragon gorget
- Superior Fencing gorget

Additional Recommended Protective Equipment

Groin guard

- Any martial arts/sport or HEMA groin protector

Shin/forearm guards

- SPES Vectir forearm and elbow protectors
- Red Dragon Forearm and Elbow protectors
- SPES light forearm protectors, with shell elbow caps
- Police riot forearm/elbow guards

Plastic chest protector

- Leon Paul Econoguard or Masterguard chest protector, or equivalents from PBT, Allstar etc.

HEMA fencing breeches

- Spes Locust Fencing Pants
- Red Dragon HEMA Sparring Pants
- Superior Fencing SF Hema Pants

Shin Guards

- Adidas Lux Shin Guards (If using Breeches/Socks)
- Red Dragon Knee and shin protectors
- Socks are recommended when wearing breeches to ensure skin is covered

Training Weapons

The Black Fencer range of synthetic swords are the most common training swords at the AHF. Steel training swords are optional. Foam training swords are usually only used only for beginners (and loaned to newcomers by the instructors). As we practice with a wide range of weapons and styles at the AHF, you may well find yourself wanting several different sword types. The most useful for a wide range of training is –

- Black Fencer 1796 infantry sabre (synthetic)
- Black Fencer Sidesword (synthetic)

Synthetic Training Swords

All Black Fencer synthetic training swords are allowed, but due to carrying flexibility and weight of the blades of different models, extra care for striking power should be given to certain models. This is an extensive range and most of it can regularly be used in AHF training practices. Please ask for advice before purchasing. The AHF makes approximately 2-3 club orders per year if you would like to purchase that way. Knightshop synthetics are also permitted in the club, but Black Fencer are generally preferred.

Steel Training Swords

Below is a list of recommended sword manufacturers. Not every model that each of them sell is well suited to our practice. Please ask for advice and recommendations on individual models. There are also many other suppliers with good products. All steel swords must be blunt, rust and burr free, and with suitable tip (rolled, fluted, or covered with a cap, such as Black Fencer rubber cap or bullet casing for rapiers)

- Kvetun Armoury
- Black Fencer
- Regenyei Armoury
- Kraken Swords
- Castille Armoury

HEMA Clothing

Footwear

Comfortable trainers that do not mark gym floors. Low profile types are preferred. Below are some of the best options, but a wide variety of similar options are available.

- Onitsuka/Asics Tiger Mexico 66
- Onitsuka/Asics ultimate 81
- Sport Fencing shoes

Club Clothing

- Is available to purchase from the instructors, please ask what is in stock or look out for future orders.

Second Hand/Used Equipment

Used equipment often comes up for sale among AHF members, on Facebook for sale pages and elsewhere. This can be an excellent way to get equipment quickly and cheaply. It is important that any used equipment is in good and safe condition, and up to the same safety standards of the recommended equipment. If in doubt, please ask the instructors for advice.