

# Flammeus Alles

Winter 2021, A.S. LVI





## Newsletter for the Barony of Fenix

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# Baronial Officers Page



## Baron and Baroness

Sir Angus von Atzinger and Mistress Melisande de Canonwald  
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### Seneschal

Lord Wilhelm von Glier  
Fenix.seneschal@midrealm.org



### Knight's Marshal

Baron Hengist Hawardessune  
Fenix.marshal@midrealm.org



### Exchequer

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### Marshal of Fence

Lord Gabriel de Burgh  
Fenix.rapier@midrealm.org



### Chatelaine

Officer Needed  
Fenix.chatelaine@midrealm.org



### Equestrian Marshal

\*\*Officer Needed\*\*



### Chronicler

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Fenix.chronicler@midrealm.org



### Captain of Archers

\*\*Officer Needed\*\*



### Heraldic Pursuivant

Reinhold von Glier  
Fenix.herald@midrealm.org



### Thrown Weapons Marshal

\*\*Officer Needed\*\*



### Web Minister

Sir Thorfinn Bearbrother  
Fenix.webminister@midrealm.org



### Minister of Arts & Sciences

Officer Needed  
Fenix.moas@midrealm.org

# Baronial Calendar

Business Meeting – 2<sup>nd</sup> Tuesday of the month, 7:30pm

Rapier practice – Wednesdays 7pm

Armored practice – Mondays 7pm

Practices and will be held at the Evendale Cultural Arts Center at

10428 Reading Rd. Cincinnati, Ohio 45241

Meetings will be held online via Zoom until voted to return in person

There will be a southern practice occasionally held at Pioneer Park in Kentucky.

## Upcoming Events

<https://midrealm.org/events-calendar/>

### **JANUARY 2022**

08 JAN-12TH NIGHT Camp Rotary

15 JAN-FESTIVAL OF MAIDENS 48: FIERA DI SANT'ORSO Urbana-Champaign

28 – 30 JAN-BARDIC SKIRMISHES On-line via zoom

### **FEBRUARY 2022**

12 FEB-WINTER RUM IN WINGED HILLS 2022

26 FEB-COURTING ON THE RIVER

### **MARCH 2022**

05 MAR-WINTER WAR MANEUVERS VIII

12 – 20 MAR-GULF WARS XXX Kings Arrow Ranch

26 MAR-BETTER WAR THOUGH ARCHERY Hendricks County 4H Fairgrounds,  
Constellation

# Letter from the Baron and Baroness

Unto the members of our beloved Barony of Fenix do Angus and Melisande send our warmest greetings.

The year is coming to a close. As we mark the winter feasts, we look forward to the return of light. The fire in our hall is lit with warmth for all of our baronial family and our hearts are filled with love and pride. May the coming new year bring health, happiness, and prosperity to us all.

As many of you have seen, the multi-baronial 12th Night Celebration which was to be hosted by Flaming Gryphon has been canceled. While we are sad that we will not be able to gather with you or with our cousins to the north, we whole-heartedly support their decision to choose caution. Until the warmth of spring returns and we can come together out of doors, we will have to be prepared for some events not to take place. As much as we love being together, the health and safety of our barony and society must be our paramount concerns.

With that in mind, we are hoping to find an outdoor site to host May Day next year. We have a fun idea for the theme and tournament. Anyone interested in running this event, please contact us.

We would especially like to thank those of you who have been stepping up, volunteering to be officers so that the necessary administrative work of the barony can continue. We salute you all! I know that our intrepid Chronicler Roisin is working on a recommendation form on the new website so that all of you can recommend others for baronial awards. In the meantime, please send any recommendations directly to us.

Let Fenix Rise!

Angus & Melisande



# Letter from the Chronicler

Greetings Barony!

The winter holiday season is upon us! I hope you all have a happy, healthy holiday season.

Our website is back up and you will be able to find our newsletters and meeting notes there as well as on our Facebook Group.

Please send in submissions! Letters, articles, class handouts, drawings, photos.

In service,

Roisin de Burgh



# Letter from the Rapier Marshal

Hello, Fenix Fencers!

Winter has arrived, swordplay studies are always, it's nearly always dark outside, and we are eating ice cream after every practice.

My pants do not thank me. My stomach does.

We have had two new fencers join us at practices, and attendance has been strong from both new and old faces. There have been footwork drills, sword drills, and sparring bouts aplenty, and at the rate we have been going once tourney season starts up again, covid permitting, I imagine that Fenix will be making a strong showing everywhere we go!

On a more business note, we are very short of loaner gorgets for our baronial rapier loaner gear, at the moment we only have one (which is broken by the time of my writing this but I should have it fixed by the time of publishing). If you happen to have an old rapier-legal gorget laying around, or the time and desire to practice some crafting skills by making one, please contact me at [Fenix.Rapier@Midrealm.org](mailto:Fenix.Rapier@Midrealm.org)

Lord Gabriel de Burgh



# **A**nnouncements

Huzzah to our new Heirs to the Crown of Midrealm: Prince Arch and Princess Runa!

Our website is up and operating again. There are more updates to come!  
<https://fenix.midrealm.org/>

# **A**wards & **R**ecognition

CuMhara O'Holyhead, also known as Kope, was made a member of the Royal Vanguard during Coronation by Their Majesties Felix and Madeleina on the 25<sup>th</sup> of September 2021  
Anno Societatis LVI

If I missed anyone, please email me at [Fenix.chronicler@midrealm.org](mailto:Fenix.chronicler@midrealm.org) and I will be sure to include it in the next newsletter.

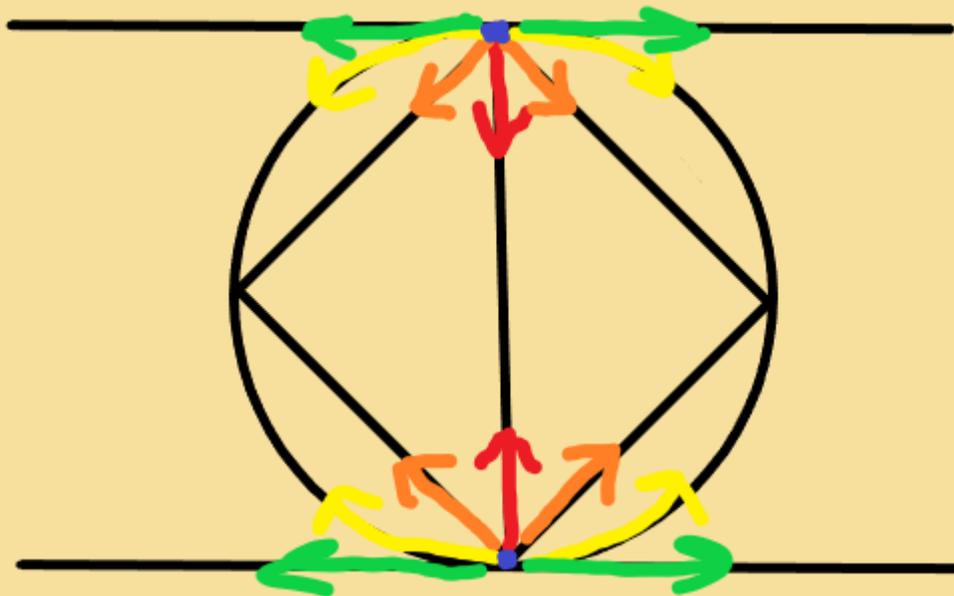
# Breaking Down Destreza: Moving in Circles

Written by Lord Gabriel de Burgh

Welcome to the second article in my Breaking Down Destreza series, and this time I'm talking about footwork. Any martial artist of any discipline will tell you; footwork is key. Our feet are the foundation of our bodies and how we move about the world, and good footwork is the foundation of any martial art.

Now, before I can go into *why* Destreza footwork is *what* it is, I need to explain what it is

So what is Destreza footwork, and how is it different than Italian or German footwork? Well, in the simplest terms (largely because I lack the knowledge of German and Italian fencing traditions to do a comprehensive comparison), Italian moves in triangles, German moves in squares, and Destreza moves in circles.



This masterclass artwork done up by me in MS Paint over the course of 5 minutes, is the Destreza circle and how you move on it, the blue dots denoting the leading foot of two opponents standing opposite each other. So, starting from the outside and working our way in.

## Lateral Steps

This is movement along the horizontal parallel lines on either side of the circle, called the Lines of Infinity. You and your opponent could move along these a theoretically infinite distance and never get closer or further from one another. Because of this, they are safe and neutral, and so I have marked

movement along them in green. If you are going to move to the outside line (right, for a right-handed fencer), you step with your leading foot first, and if you are going to move towards the inside line (left for a right-handed fencer), then you step with your rear foot first.

### Circular Steps

This is the term for moving along the circumference of the circle. This will slowly close the distance with your opponent, but it is also easy to increase the distance between yourself and your opponent by taking a lateral step. The majority of the time I spend fighting in the Destreza style, I am taking circular steps. Because you are closing the distance so slowly, testing your opponent's reactions to pressure, and able to retreat quickly and easily, this is both aggressive and safe, and so I marked movement around the circle in yellow. If you are going to move to the outside line (right, for a right-handed fencer), you step with your leading foot first, and if you are going to move towards the inside line (left for a right-handed fencer), then you step with your rear foot first.

### Transverse Steps

Moving along the square is stepping across the circle, and so is called transverse. This movement rapidly closes the distance with your opponent, which can be dangerous for you, but also rather suddenly threatens them. I have marked movement along it in orange. This is the type of movement I take when making an attack against my opponent, and while I have not extended the lines on the diagram to show it, this is also how I usually retreat from an opponent. If you are going to move to the outside line (right, for a right-handed fencer), you step with your leading foot first, and if you are going to move towards the inside line (left for a right-handed fencer), then you step with your rear foot first.

### Thrust

The only time one should move along the Diameter of the circle is if they are thrusting directly towards their opponent. While there is nothing wrong with a good thrust, thrusting along the Diameter is generally considered very dangerous and a bad idea, so movement along that direction is marked in red. After all, the opponent's sword is in the way if you go that direction, and you don't want to skewer yourself or leave yourself in a position where it takes a relatively long time to recover to safety from your attack. As with any thrust, you would push with your rear foot while stopping forward with the leading foot.

Now, with the what explained, we can talk about why we move that way in Destreza come next newsletter. Hopefully this has been helpful and informative, and maybe has given you something new to practice. Feel free to come to one of our Rapier Practices if you have any questions, and I will happily walk through it with you.



# Puzzles

## Rapier Word Search

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| B | R | R | P | A | R | R | Y | A | G | K | N | E | G |
| L | B | R | O | N | Z | E | R | I | N | G | S | A | C |
| T | S | C | D | R | O | W | S | G | N | O | L | N | A |
| G | E | G | N | U | L | R | R | E | G | G | A | D | V |
| C | O | L | W | E | N | E | A | S | E | T | B | M | E |
| T | R | R | T | S | E | L | B | S | L | I | R | A | N |
| S | A | R | G | C | G | K | A | S | A | N | D | R | D |
| I | R | A | N | E | R | C | I | E | G | T | C | S | I |
| L | P | A | Z | R | T | U | C | N | N | S | G | H | S |
| K | T | N | U | U | S | B | R | G | I | U | R | A | H |
| S | R | A | P | I | E | R | C | U | C | R | E | L | K |
| O | S | Y | B | G | R | A | N | A | N | H | A | O | N |
| I | H | G | E | R | A | E | P | S | E | T | B | R | O |
| L | G | L | S | E | O | A | A | K | F | D | G | E | T |

STANCE  
FENCING  
DAGGER  
THRUST  
LUNGE  
CASE  
RAPIER  
SPEAR  
GORGET  
CAVENDISH KNOT  
MARSHAL  
BRONZE RING  
LIST  
LONG SWORD  
PARRY  
BUCKLER

Made using <https://thewordsearch.com>.

Usage terms found here: <https://thewordsearch.com/user/faq/>.

Answers will be printed in the Spring newsletter.