

FENCING MASKS

Masks are required for sparring and for advanced lessons, and should be one of the first pieces of equipment you buy (along with gloves).

The Hema Shop [Red Dragon mask](#) is a good affordable mask suitable for nylon sparring and club steel sparring.

Leon Paul - We rate their [coaching masks](#) highly due to their very durable mesh.

Allstar - Great quality masks.

GLOVES

For drilling and beginner lessons we recommend light leather gloves, and these are essential when handling steel swords- these can be bought in many places (look on Ebay!). Even gardening gloves would suffice.

For nylon and steel sabre sparring, [Red Dragon Sparring Gloves](#) from the HEMA Shop are the *absolute minimum*.

For steel longsword or other weapons with open hilts, you will need better protection:

The Hoof or the Mittens / Fechtschule Gdansk models from [Sparring Gloves](#) offer good protection and dexterity.

[SPES Heavy Gloves](#) offer heavy protection. These can also be bought from [The HEMA Shop](#). [Click here for our video review.](#)

Koning Gloves from [St. Mark](#) offer good protection and mobility. [Click here for our video review.](#)

It is recommended to wear sweat bands around the wrists under the gloves, for added wrist protection (this is sort of historical as well, as late-19th century singlestick players wore a rubber ring around the wrist for the same purpose!).

JACKETS

Jackets are necessary for steel sparring, and highly recommended for nylon sparring.

The SPES [AP Jacket](#) is the universal longsword and sabre jacket. Also available in men's and women's sizes at [The HEMA Shop](#). [Watch our video review here.](#)

The SPES [Officer's Jacket](#) is a great quality jacket for lighter weapons such as rapier, smallsword, and nylon weapons, and is also suitable for steel sabre. Also available at [The Hema Shop](#). [Watch our video review here.](#)

The [Black Armoury](#) jacket is also popular. [Watch our video review here.](#)

The HEMA Shop have released their own brand of [light](#) and [heavy](#) sparring jackets. [Watch our video review here.](#)

PLASTRONS

These provide puncture resistance in the event of a blade breakage and are essential for steel sparring.

[Allstar Double-sided Plastron](#) – Light and comfortable, worth the price.

[PBT HEMA Underplastron](#) – Functional and affordable.

PBT, Leon Paul and **Allstar** all sell regular, single sided plastrons. In this case you would need one on each side, covering both your right and your left armpit.

GROIN PROTECTORS

Required for men - these can be bought in various forms, from martial arts types, to a simple cricket box from a sports shop. [Example.](#)

It is important to find one which can be worn underneath trousers or breeches. Outer worn kickboxing style guards are not suitable, as sword points will find their way in!

FOREARM & ELBOW GUARDS

Hard elbow protection is required for steel sparring.

[SPES](#) sell various excellent forearm and elbow guards. These can also be bought through [The HEMA Shop](#).

Destroyer Modz offer good low profile forearm protectors. These can be bought from [Black Armoury](#).

SHIN & KNEE GUARDS

Hard knee protection is required for steel sparring.

The [Red Dragon Leg Guards](#) from **The HEMA Shop** are suitable for nylon and steel sparring.

Field hockey shin guards ([example](#)) can worn under socks and combined with [SPES knee protectors](#) for good leg and ankle protection.

[Kvetun Armoury](#) offer well made knee and shin protection.

THROAT GUARD

These are required for steel weapon sparring.

[The Red Dragon Gorget](#) from **The HEMA Shop** is an excellent and affordable option.

FENCING MASK COVERS

These are not required, but are recommended. They absorb some of the impact from strikes to the head, *but most importantly provide back of head protection.*

Back of head protection is required for steel sparring.

[PBT HEMA Back of Head protector](#) – Light and durable.

[SPES Unity Leather Overlay](#) – Also available from [The HEMA Shop](#).

BREECHES

These are not required, but they are recommended for steel sparring.

PBT Black Fencing Breeches offer basic puncture and abrasion resistance, and are very stretchy and comfortable. Available [here](#) for men and [here](#) for women.

[SPES Light Fencing Pants](#) offer basic puncture and abrasion resistance. Also available from [The HEMA Shop](#).

[SPES Locust Fencing Pants](#) offer impact protection to the thighs, as well as puncture and abrasion resistance. Also available from [The HEMA Shop](#) in men's and women's sizes.

NYLON PRACTICE SWORDS

For beginner drilling and sparring

We use these exclusively for beginner drilling and sparring (more advanced students mainly use steel weapons). Schola Gladiatoria were one of the groups used to test and improve this line of practice weapons. We use the longswords and basket hilted swords, for longsword and sabre respectively.

Found at [The Hema Shop](#).

STEEL SPARRING SWORDS

Including 'feder' swords for longsword sparring and safe sparring sabres

- [Regenyei Armoury](#)- 'Federschwert' fencing longswords and military gymnasium sabres. Regenyei quality is assured.

- [Kvetun Armoury](#) – 'Federschwert' fencing longswords and military gymnasium sabres. These are currently our favourite sabres. [Watch our video review here.](#)