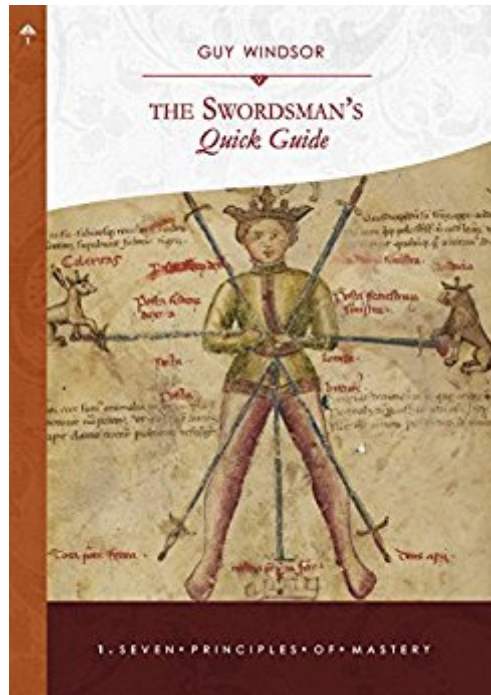


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# The Seven Principles Of Mastery (The Swordsman's Quick Guide Book 1)



## Synopsis

Guy Windsor has been training swordsmen and swordswomen for a very long time. This short book distills his principles of training swordsmanship into seven key ideas, divided into three internal principles, and four external principles. They are: Internal: 1) Mindfulness 2) Flow 3) Adopt Useful Beliefs External: 4) No Injuries 5) The Pareto Principle 6) Run a Diagnostic 7) Distinguish between knowledge and skill This essential short guide describes each principle, and gives exercises for developing your ability to apply each of them. Follow these for maximum effectiveness in your art, work, and life.

## Book Information

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## Customer Reviews

I don't agree with Guy's "beliefs" but as they are HIS beliefs he makes a good case for why he \*decided\* to adopt those beliefs. He presents an otherwise good product and some concepts beginner and intermediate swordsmen and women may find helpful in their studies of historic martial arts--or any martial arts for that matter. Also a good resource for those who instruct to help students develop.

Martial arts are synonymous with the exotic non western, in here you will find a small part of the rich heritage of the western martial arts. If you are looking for guidance you can really use the ideas of courage, strength, speed and foresight, having more of them can only improve your life. A very nice introduction to the wonderful world of HEMA, also you MUST take a look at the author other books and at his website; you won't be sorry. Peter

This is a most useful and timely work for the HEMA (Historic European Martial Arts) community. Mr. Windsor writes in a clear and engaging style. He cites his sources and integrates them beautifully into his work, but never fails to credit them. But most importantly, he motivates the reader to better themselves. His words are about swordsmanship, but have much farther reaching applications. I cannot recommend this work strongly enough for anyone who wishes to forge a path to bettering themselves.

The author is very clear that this is far more about the philosophy of training than it is about actual use of swords. He gives a fairly extensive reading list as he progresses, which is either an advertisement or an acknowledgment. I'm torn as to which. The formatting is off. Several places he includes numbered lists all items are numbered 1. Despite these facts, it's a very pleasantly written book, and I like the authors voice very much.

This review is for "The Swordsman"™s Quick Guide Series • recently published by the esteemed swordsman, Guy Windsor. I've been an admirer of Guy Windsor's scholarly and practical achievements in Historical European Martial Arts (HEMA) for over a decade. In the early 2000s I was the Study Group Leader for ARMA DC and we used his book "The Swordsman"™s Companion • as one of our two main study guides to train with the Longsword. His interpretations and advice are first class. Over that decade Guy has continued to study, train, teach, and publish new books. This latest series of short books each cover important aspects of HEMA. 1) The Seven Principles of Mastery 2) Choosing a Sword 3) Preparing for Freeplay There are only a handful of truly practical books on HEMA, Guy Windsor's are among the best. I highly recommend that you add each of these volumes to your HEMA training library.

On the series: This series of booklets is great for newbies to HEMA. It gives you a great place to start and focus your efforts in the beginning. The concepts are pretty general, but they are intended to be. Make no mistake, there are some valuable tidbits for experienced HEMA practitioners... well

worth the cost of the booklet. On this installment: This is probably the most useful booklet in the series for more experienced HEMA practitioners, especially those who may have hit a plateau or are a little lost in their practice. For new HEMAists, it may take some time to grow into the topics discussed here. Don't be frustrated! HEMA is hard, as Guy knows well. This installment (above "Buying a Sword" and "Preparing for Freeplay") is useful for other endeavors. It's more about mindset and approach to challenging "hobbies" (haha... hobbies...) than HEMA-specific principles. It is a bit nebulous and will require some effort on your part to implement but... \*shrug\*... If it were easy, it wouldn't be worth doing.

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