

*Historical Re-Enactment  
and Education*

**Realms  
of**

**Avalon**

*WELCOME!*

Read through our  
book to learn more  
about what we do!

*An Introduction to Avalon Re-Enactment*

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for use by Realms of Avalon subdivisions and realms. Version 3.0 2005

# What are the Realms of Avalon?

Realms of Avalon, Inc. is a national non-profit educational organization dedicated to actively studying and teaching the historical skills and activities from the years 500 to 1603.



We have two missions: Create and distribute educational materials, and the creation of a fun and flexible framework to let people re-enact the fun parts of history.



Avalon members and associates enjoy meeting in person or on the net with other interested people, sharing information, working on projects, and demonstrating skills.



Local chapters are called ‘Subdivisions’, Each regional chapter is called a ‘Realm’, and all together they are the Realms of Avalon.



## **About Our Logo:**

Medieval heralds designed this coat of arms to represent King Arthur. We enjoy using Arthurian themes to help remind us of the mythos of history, and how people can come together to make even big ideas come true!



*Welcome to the*  
**Realm  
of  
Caerleon**

The Northwest chapter of Realms of Avalon, Inc.



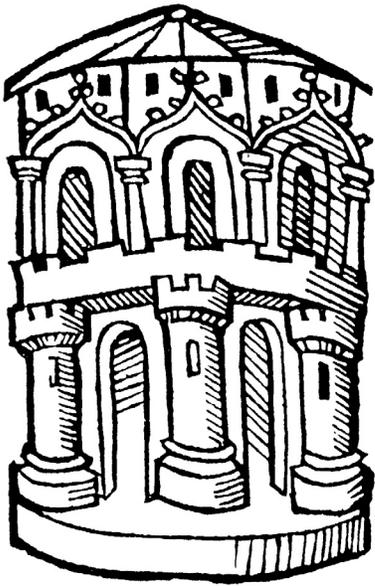
**Medieval and Renaissance  
Re-Enactment and Education**

*Caerleon has been proudly serving forth history in  
Idaho, Montana, Oregon, and Washington  
since January of 2000!*



# What Do We Do?

Local and regional chapters gather together on a regular basis for historically themed activities, everything from simple movie nights to intense candlelight feasts with historical foods and entertainments.



When we gather together we wear historical costumes, use historically based equipment and supplies, and play someone that might have lived in history.

## **What is Historical Re-Enactment?**

Medieval and Renaissance Re-Enactment is the active study of historical subjects and skills. This means instead of just reading about things in the past we actually DO them. In physically re-enacting these activities and environments we learn more, and have a lot of fun, too!

# Who Can Play?

We are a family friendly organization-- fun for grown-ups, yet still suitable for kids. Adults and kids alike are encouraged to try and learn new skills and activities. All it takes is curiosity about history; you don't need to know a lot and you don't have to be a member.



Learning is best when it's fun! We not only learn skills, but have fun meeting people, trying new things, and learning. And that is why we sometimes call what we do 'playing' -- it's so fun, you plain forget that you're learning about history!



**Anyone with even a little interest in history can play at our events!**

# How Do We Learn?

There are many different ways to learn. One of the best--and easiest--ways is to just show up to whatever activity sounds interesting and see what people are doing. And when there, ask questions!

Just about everyone will be more than happy to offer help in showing you what they are doing, and experienced members are glad to help new folks get started on their own projects.



Members with knowledge will share what they know with others, in workshops and classes and demonstrations. Many times these are even taught by professionals who like what they do so much, they volunteer to share and teach others!

# Learning Even More

If you really want to learn more about certain skills or areas of history, there are also more formal or advanced exchanges of knowledge. . .

## Join Guilds

Guilds are groups that study and promote certain skills or activities.



## Participate in Competitions

Every month there are contests where you are able to test your skills and knowledge, and get pointers from others.



## Find a Teacher and Guide

Members can also consider becoming a *page*, *apprentice*, or *squire* to someone knowledgeable in what you want to learn.



# ***Just about any skill or activity they did-- we do!***

*There are social gatherings, competitions, Demonstrations, camp outs, workshops, practices, and fun projects throughout the year.*

HERE ARE  
JUST A FEW  
OF THE  
THINGS YOU  
CAN DO!



**Historical Archery Techniques**  
**Costuming and Sewing**  
**Historical Combat**  
**Herbalism and Cooking**  
**Brewing and Vitning**  
**Music, Singing, Writing**  
**Calligraphy and Illumination**  
**Wood and Metal Working**  
**Drama and Performance**  
**Philosophy and Science**  
**Animal Husbandry and Farming**  
**Spinning, Weaving, and Embroidery**  
**Historical Dance**  
**Historical Games and Pastimes**  
**Ceramics, Glass, and *MORE!***

***New folks always welcome!***  
***Come and join the fun!***

# Avalon Combat

*Historical Combat as a Modern Martial Art!*

Always had the urge to don armor and  
seek honor on the battlefield?

Wonder if the movies are really accurate?

Wonder how they \*really\* did combat?



Then wonder no more, for combat is one  
of the areas studied in Realms of Avalon!

# About Re-Enactment Combat

Historical Re-Enactment combat is friendly competition and study of historical equipment and moves. It's not a sport-- its a study of history. There are rules on training, safety equipment, and sparring. Like other forms of martial arts, historical combat takes dedication and practice to master-- but it sure can be a lot of fun!



Avalon combat is competitive, *not* choreographed. Its practiced with one-on-one sparring and group/team competitions that allow the use of tactics and armies.

Men and women are welcome to explore the world of historical combat! There are several forms of combat to choose from, including training styles for new or under-age combatants.

# **Avalon Combat Styles**

## **Shinai Combat Training**

This is an easy and inexpensive way to learn the basics of medieval combat. Light bamboo swords (called shinai) and padded clothing are used to learn the basics of combat safety, techniques, and strategies. Ages 13 year old and up can do Shinai. (Minors need parental permission)



## **Waster Combat**

This is the next step of medieval combat after proficiency in Shinai is reached. Waster uses heavier wooden practice weapons, and heavier armor. Combatants have access to more forms of moves and strategies, and it's closer to the weight and feel of real combat. Ages 16 and up can do waster combat. (Minors need parental permission)



## **Steel Combat**

Serious medieval combatants aim for this level after they have achieved proficiency in skill and safety! Steel uses replicas of historical arms and armor-- this means real swords and real armor, with, of course, real training. While it takes dedicated care and practice, its quite safe because of equipment and training requirements. Live steel is not for the novice! Members need to be 18 and older to do steel combat.



## **Renaissance Combat**

Renaissance combat uses replicas of the weapon of the renaissance, the rapier. Speed, agility, and quick thinking are as important as precise control in this style of combat. Don't mistake renaissance combat for fencing: its done in the round, and fighters can choose to use two weapons, bucklers, and other goodies. Age 16 years and up can do renaissance combat. (Minors need parental permission)

# Avalon Arts and Sciences

*Learn and practice the skills that made the world work!*



The study of historical arts and sciences is the study of fine and performing arts, skilled craftsmanship, and the basic skills once used for everyday living.



Attend workshops, work on projects, and be entertained! If historical arts really takes you, then try the monthly tourneys where you can see and hear research projects by others and get feedback on your own progress!



Cook historical food and eat off of historical plates, craft your own armor, sew your own garb, carve wood, write a song, tell a story....when it comes to the arts you learn, and everyone enjoys!



# Avalon Archery

*No modern gizmos here! Learn how to use historically based bows and crossbows!*



—*o o o*—  
New or experienced archers can have fun shooting, learning how to do archery the old fashioned way!

—*o o o*—  
**Target Archery**  
Use European or Asian style equipment and techniques in practice and competition.

—*o o o*—  
**Combat Archery**  
Use modified gear to shoot padded arrows into combat battles!



# Avalon

# Fun and Feasting

*Fun and social fellowship among friends!*



*Ahh!* There's nothing to beat a day of crafting, shooting arrows, and engaging in war...except if you top it all off by a candlelight feast or a roaring campfire under the stars!



Play games, tell stories, barter and trade your crafts, sample good food and drink, dance, sing some songs, and hear the merry bards tell their tales!



# Avalon Historical Education

*Making history approachable and understandable!*



Realms of Avalon, Inc. is a 501(c)(3) non profit educational organization. While we have fun with what we do, our ultimate goal is always education--both ourselves, and our communities.



## **Community Outreach**

Avalon members are usually more than happy to go to school or community events and help teach or demonstrate various aspects of history. The in-person and hands-on nature of re-enactment makes these visits an exciting and fun addition to historical studies.



## **Producing Educational Materials**

While members are teaching, learning, and playing with experimental archaeology, we are also working on making our learning available for interested individuals, schools, and communities. Avalon seeks to create booklets, lesson plans, CD/DVD's, conferences, and other educational materials.

# Getting Involved

*Does all this stuff sound interesting to you?*

*Then find out more! Here's how:*

**<http://www.realmsofavalon.org/>**

And join our free Yahoogroup for chat and announcements. Have E-mail sent to you, or just visit it on the web when you want. It's your choice! It's private, SPAM free, and there is *no obligation*.

**<http://groups.yahoo.com/group/AvalonDiscussion>**

Or contact your local chapter: