



# The Illustrated Guide to Viking Martial Arts

*Antony Cummins*

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## **The Illustrated Guide to Viking Martial Arts** Antony Cummins

The Viking shield wall is a famed battle strategy, but what are less well known are the actual techniques used in hand-to-hand combat, duels, and other forms of close-quarter engagements. Based on a comprehensive analysis of Viking sagas and other period sources, this is the first book to present a step-by-step Viking martial system. Martial arts expert Antony Cummins reveals the hitherto hidden world of Viking combat, ranging from the techniques to the weapons used, the limitations of period armor, and the range of wounds suffered by combatants. With more than 250 photographs, *The Illustrated Guide to Viking Martial Arts* is one of the world's earliest fighting manuals, and gives key insight into the warriors who were the scourge of Dark Age Europe.

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