



## 1 on 2 *lanza* (spear) drill

### THE PROBLEM

How to increase the quality of martial responses, improve motor learning and control, and exercise time and distance with the short spear (*lanza*) with skills which are transferrable to other medieval martial arts or sports.



### CONCEPT

While the 1 on 1 *lanza* fights can be fun, the spear is really a group weapon, and combatants learn a great deal with a random and multiple-opponent environment. This drill features two combatants on one side and one on the other.

- 1) A dividing line separates the “teams”
- 2) **A single combatant (the “tenan”) holds his or her side of the field**
- 3) **Two challengers (“venans”) challenge from the other side of the line**
- 4) When ready, the fight begins. Anyone struck leaves the field
- 5) If either of the venans strikes the tenan, they take his or her place holding that side of the field
- 6) If the tenan strikes one of the venans, the other remains and tries to finish the fight
- 7) If the tenan clears both venans, a new pair comes in to take their place – How many groups can a single tenan defeat?
- 8) **A useful variant is “armour counts”** – a strike to a large plate defense does not count – this encourages the use of armour and gives an appropriate benefit for those who use it. Leather, plastic or other light alternatives (including titanium!) don’t provide “armoured” protection in this case



*SSG Honolulu is a branch of the Schola Saint George, an international “chivalric” school of martial arts, and a Federal 501(c).3 non-profit that teaches about chivalic culture and martial history through training, research, and sponsoring of medieval-style feats of arms. Meet us through Facebook or see our practice schedule on Meetup!*



This drill builds skills needed for group combats in the SCA, ACL/BOTN, etc. It is also FUN, and is a very strong way to end a class. Spear/Lanza is a fine weapon to introduce the mental aspects of combat through because it is much less complex than the longsword, but offers some of the same mental challenges and stimulation that can come only from sparring.

We've had very good luck over the past years starting combatants off sparring with spears first. They can do so in a t-shirt, mask, gloves and light gorget, if the spear hafts are light enough. In SSG Honolulu, because of shipping constraints, we tend to use 1" bo-staves for our spears, having found the 1.25" hafts much too heavy for unarmoured work. The 1 1/8" ash shafts we used in Dallas were the perfect blend of weight, maneuverability, and durability. We favor the Revival spear-tips because they "flop" sideways less than the Purpleheart copies.

Some sample videos of the drill working at speed are found here:

[https://youtu.be/PaJCrvq\\_36c](https://youtu.be/PaJCrvq_36c)

<https://youtu.be/QoTdmRqB9Gs>

<https://youtu.be/8irJu6RnwI4>

[https://youtu.be/kDY1\\_mQBNXI](https://youtu.be/kDY1_mQBNXI)

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Co-Founder, SSG



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