

Verdadera Destreza Notes

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Chapter 1

Intro

1.1 About the book

Here goes yada.

1.2 About la Verdadera Destreza

1.3 About the author

Chapter 2

Basic concepts

TODO:

- The sword.
 - Parts of the sword.
 - Degrees of strength of the sword.
 - Grips of the sword. Uses.
 - Quillons. Positions. Uses.
 - Angles of the sword.
 - *Rectitudes*, or positions of the sword.
 - Movements of the sword.
- The body
 - Lines in the body
 - Regions in the body
 - Stances.

Chapter 3

Literature

Here is a review of existing methods.