



Two long-sword fighters spar during a local HEMA class.

turns long-lost modern art forms.

appearances anymore—unless historical European martial arts, Renaissance-era combat techniques. It's elegant translating 400-plus-year-old. Over the past several years, a few Renaissance re-enactors to

launch the Krieg School of HEMA club—in 2015. The club began with a thick blade (think: a heavier sword used more for stability). The Krieg School has rented a building with class sizes recently forced the school to a 7,000-square-foot location for inner sessions once they move. The school of HEMA, involves four disciplines to try to force their opponents to win. Judges tally points differently for each individual member—has its primary component differentiates by that's "a wonderful cohesion of a fighter Gaelen Cox.

HEMA battles is to touch your opponent in the allotted time period, typically you hit the head, shoulders, or torso. The HEMA Alliance, the school uses masks, throat protection, and is required before you exchange blades.

—MARY CLARE FISCHER

The dance that changed my life

Denver native Briana Bosch, 28, will launch Ballet5280 (no relation), a dance company focused on fostering inclusivity, with performances of Vivaldi's *Four Seasons* on May 26 and 27 at the Broomfield Auditorium.

"A friend of mine was cast as the Sugar Plum Fairy in *The Nutcracker*—basically the biggest part in ballet. I was so excited for her, but it was almost like she was being set up to fail. Five minutes before the show, she was told she didn't look good doing certain moves. Seeing her rise above the criticism, I was thinking, *Why does the ballet environment have to be like this? Why does it have to be so oppressive toward the dancers?* I want to



provide people like her, who give their whole lives to this, with the opportunity to dance in a secure, supportive environment."

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