



*the world of the Medieval*  
**N I G H T**

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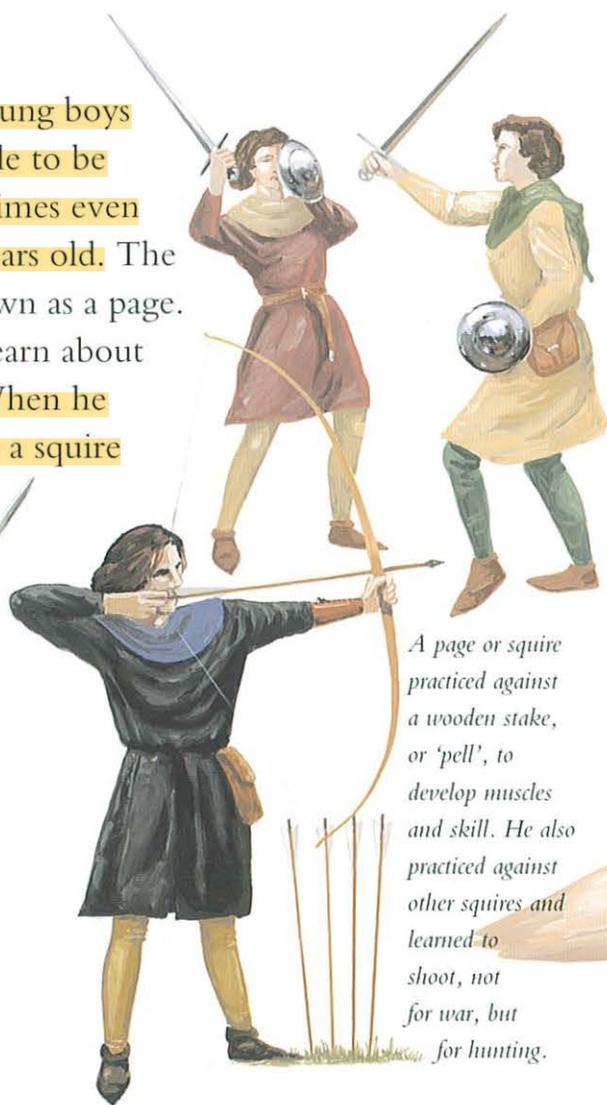
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## R A I N I N G A K N I G H T

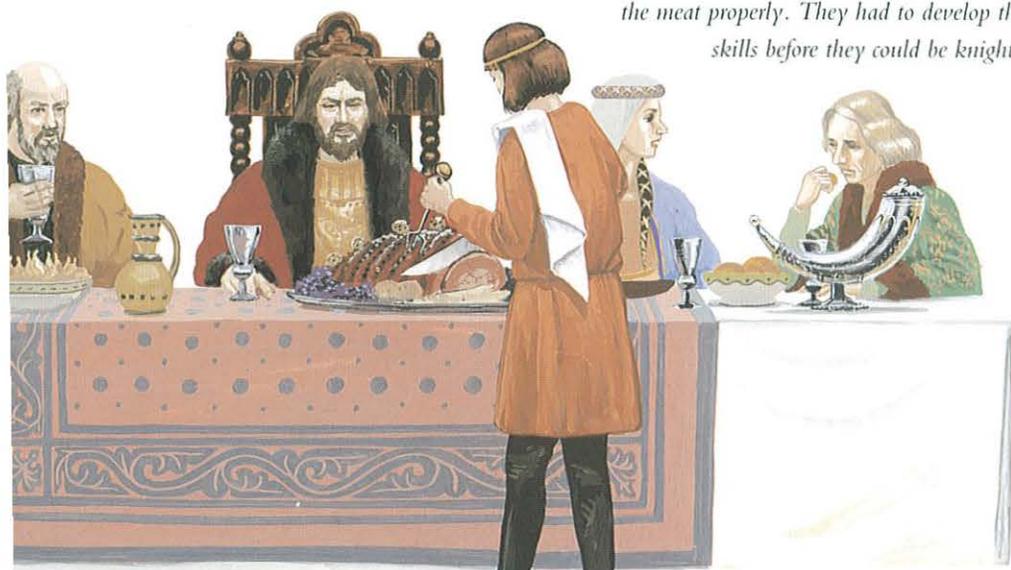
After some lessons at home young boys were often sent to a lord's castle to be trained for knighthood, sometimes even when they were only seven years old. The young trainee knight was known as a page. He ran errands and began to learn about horses, armor and weapons. When he was about fourteen he became a squire

and was apprenticed to a knight.

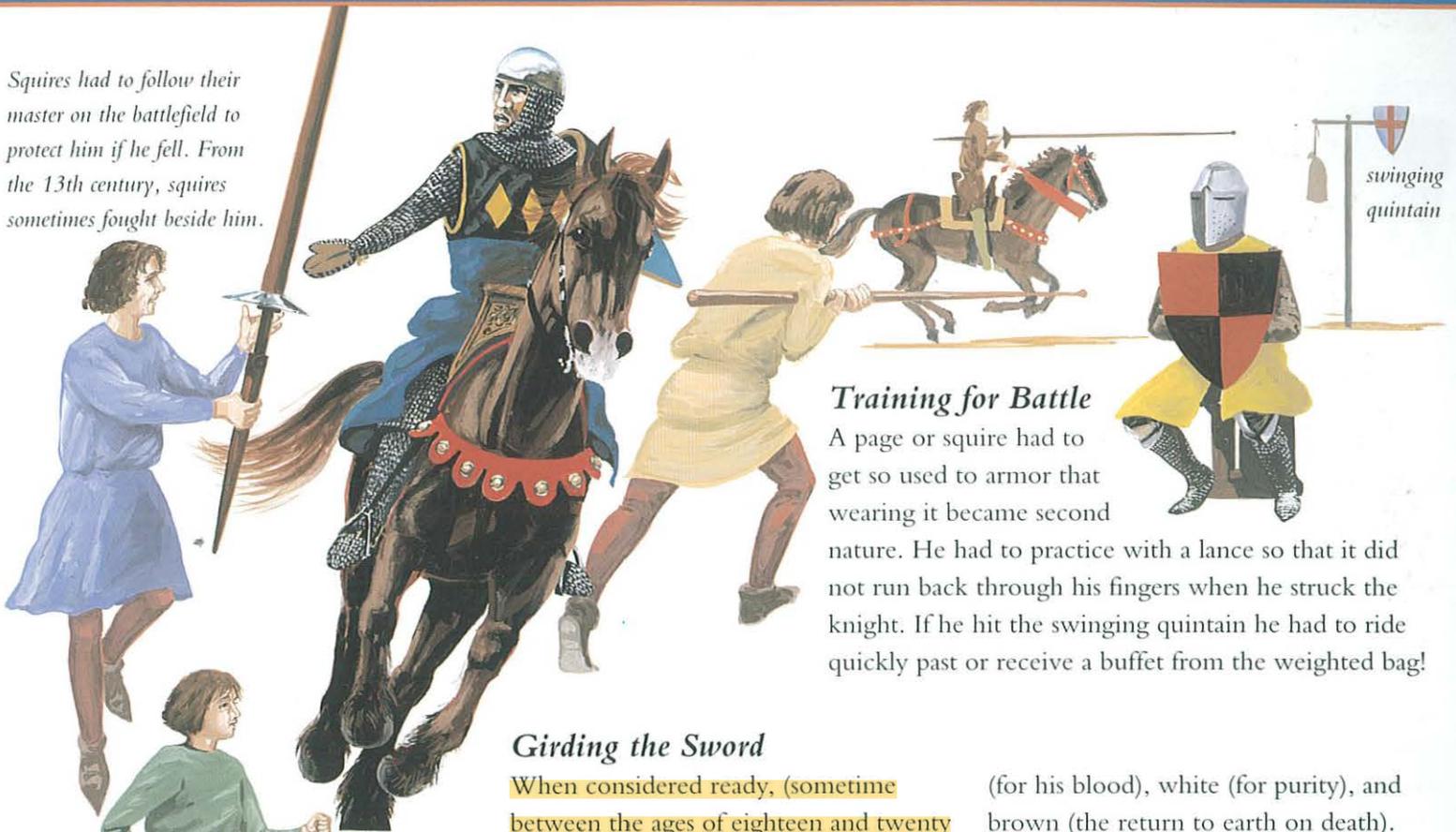


*A page or squire practiced against a wooden stake, or 'pell', to develop muscles and skill. He also practiced against other squires and learned to shoot, not for war, but for hunting.*

*Pages and squires were expected to serve at the table in front of the knights and were taught how to carve the meat properly. They had to develop these skills before they could be knighted.*



Squires had to follow their master on the battlefield to protect him if he fell. From the 13th century, squires sometimes fought beside him.



### Training for Battle

A page or squire had to get so used to armor that wearing it became second nature. He had to practice with a lance so that it did not run back through his fingers when he struck the knight. If he hit the swinging quintain he had to ride quickly past or receive a buffet from the weighted bag!

### Girding the Sword

When considered ready, (sometime between the ages of eighteen and twenty one), a squire was dubbed, often by the knight who trained him. He might have a symbolic bath to cleanse himself, and he would watch over his weapons and armor in the chapel all night. This was known as the vigil. The following morning, he would be dressed in symbolically colored clothes - red

(for his blood), white (for purity), and brown (the return to earth on death). Gilded spurs were fastened on his ankles and he was 'girded' with a sword. He was dubbed a knight by a tap on each shoulder with a sword and reminded of the ideals he should fight for.

Pages cleaned rust from mail by rolling it in a barrel of sand.

### Training facts

- \* Double-weight training weapons might be used by squires so that they would improve their muscles.
- \* Originally 'dubbing' was a cuff by the hand on the neck.
- \* Before the 13th century many squires found it so costly to be knighted that they tried to avoid it.
- \* The King sometimes knighted a number of squires before a battle to make up the number of knights.

