

## Helmet



On the front of the helmet, is a section which protects the forehead, and designed to prevent sword blows from going through the helmet and causing head injuries. The back of the helmet had a guard that protected the neck from sword blows.

## Body Armour



The body armour made from overlapping iron strips. These enabled the soldier to be well protected and also be flexible enough to allow him to bend. The shoulders were protected by a pair of curved pieces.