

## **Knights In History And Legend**

by BOUCHARD, CONSTANCE BRITTAIN

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The word 'knight' conjures up images of gallant men in gleaming armour astride their noble steeds, galloping along in search of foes to fight or fair maidens to rescue. But how accurate is this picture of knighthood? "Knights" is a lavish guide to this world of courage and chivalry, when mounted warriors evolved from simple soldiers on horseback to defenders of the faith during the Crusades. The book delves into the everyday lives of knights, from clothing and training to heraldry and the orders. There is a compelling historical chronicle of knights from premedieval times through the era of the Normans and Saxons, the Reconquista, and the decline of traditional knighthood. The book concludes by examining the role that literature and film have had in shaping our view of knights.

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