

# Diagram Key

A **Helmet:** a defense for the head

B **Gorget:** a component that protected the throat and upper torso, covering the gap between the top of the torso armor and the base of the helmet.

C **Breastplate:** plate armor for the torso, reaching to just below the waist.

D **Lance rest:** a shock-absorbing bracket used in conjunction with the wooden spear called a lance, and fastened to the right side of the breastplate, below the arm.

E **Pauldrons:** defenses for the shoulder and uppermost part of the arms.

F **Vambrace:** armor for the upper and lower arm, linked together by a cowter (elbow armor) at the elbow.

G **Tassets:** defenses of iron or steel plates attached to the bottom edge of the torso armor, to protect the front of the hips and upper thighs.

H **Gauntlets:** glove-like defenses for the hands.

I **Cuisses:** thigh armor.

J **Poleyns:** usually worn attached to the cuisses, these protect the knees.

