This armor is **HEAVY!**

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Bevor:
Protects the chin and lower face.

Helmet:
Protects the head. This style of helmet is known as the sallet.
Cuirass (say kwi-ras): Breastplate and backplate to protect the chest and back.

Tassets: Protects the hips.

Fauld: Protects the waist.

Gorget (say gawr-jit): Protects the neck and throat. Worn under the cuirass.
Pauldron: Protects the shoulder.

Rerebrace (say reer-braeys): Protects the upper arm.

Couter (say koo-ter): Protects the elbow.

Vambrace: Protects the forearm.

Gauntlet: Protects the hand.

Cuisse (say kwiss): Protects the thigh.

Poleyn (say poh-lane): Protects the knee.

Greave: Protects the lower leg/shin.

Sabaton: Protects the foot. The pointy toe was fashionable during the period.

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