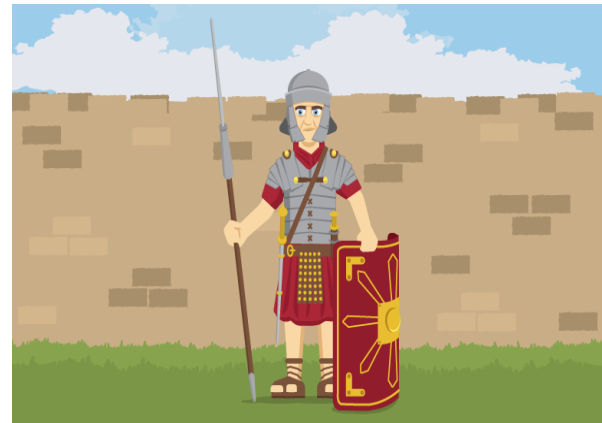


THE ROMAN ARMY

Introduction

At their time the Roman Army was the best army in the world! It was: fit, it had well trained men and they were all excellent at their jobs.



What they wore

The Romans wore: a shiny metal helmet with a crest, a red leotard and lorica segmentata.

Lorica segmentata is a special type of armour. It is made of pieces to make it more flexible.



Formations



The Romans had many formations such as the tortoise or the shield formation. The shield formation is used for both attack and defense, while the tortoise formation is used for defense.