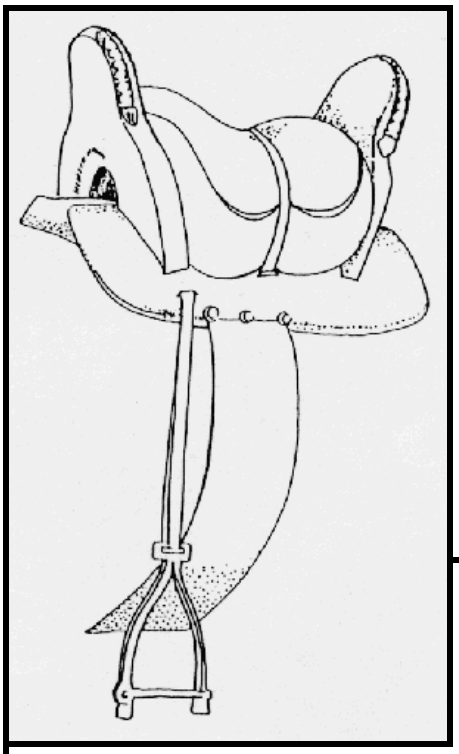

Invention of the Full-Foot Stirrup

Wide use of full-foot stirrups began in AD 732 beginning with a Frankish King, Charles Martel. Although the stirrup was in use before Christ in China and sometime after in India, they were mainly toe stirrups for the wealthy, bare-footed aristocrats. It was Martel and his crew who figured out how to place the full-foot stirrup into use for war and gave them a definite advantage over their enemies of the timeframe.