

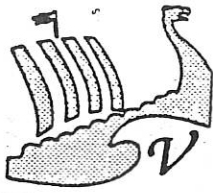
- Try to frequently use kennings as you compose your stanzas. Kennings are elaborate metaphors. Most kennings produce vivid imagery.

### Examples of kennings in skaldic poetry

- whale's road = open sea
- bones of the sea = rocks
- hill of hair = head
- the one with the cold nose = anchor
- fire of battle = sword
- Odin's mead = poetry
- snake of wounds = sword
- foam-leaper/ Fjord Elk = longship
- reindeers of the deep/Foamy necked wood = ships
- wound bee = arrow
- blood branch = sword
- salmon's roof = sea
- tongue of the scabbard = sword
- tub of the wind/highway of the moon = sky
- whale's bath = the sea
- falcon's seat = right arm
- breaker of the tree/Wolf of the sail = wind
- sun of the sea-kings = shield

### Themes/topics in skaldic poetry

- the gods: Odin (god of sky, war, wisdom); Freya (goddess of love and beauty), Frigga (goddess of earth, marriage, and motherly love), Thor (god of thunder, lightning, and the tides), Tyr (god of legal contracts and of truth)
- Scandinavian spring
- Viking honor and courage
- death
- bravery in battle
- jarls
- days of the week
- raiding
- husbands and wives



## COMPOSING SKALDIC POETRY - 3

---

- family life
- Viking toughness
- vengeance
- savagery
- loyalty
- thralls (slaves)
- crafts
- long winters
- feasting
- Viking law and justice
- at sea
- sagas
- farming
- traveling to far away places
- health
- berserkirs and bloodshed
- conquest
- heroes
- Viking ships
- individual kings (Leif, Erik, Rollo, Harald Hardrada)

### Samples of skaldic poetry

- *When the wolf of the sail entered  
the highway of the moon,  
we brought the cold-nosed one  
into the foamy-necked  
and passed by the bones of the earth  
into the salmon's roof.*
- *I've been with the sword and spear  
slippery with bright blood where  
kited wheeled. And how well we  
violent Vikings clashed! Red flames  
ate up men's roofs, raging we killed  
and killed: and skewered bodies  
sprawled sleepy in town gate-ways.*