THEME 3 CONCEPTS [Practitioner]

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{DRILLED}
      The Three Wounders/Wonders [Drei Wunder]
             #1 "Thrust" [Stoss/Stitch]
                    #1.1. "Under Thrust from Plow" [Unterstitch vom Pflug]
                    #1.2. "Over Thrust from Ox" [Oberstitch vom Ochs]
             #2 "Strike / Cut" [Hau/Haw]
                    #2.1. "Strike From Above" // "Over Cut" [Oberhau]
                    #2.3. "Middle Strike" // "Middle Cut" [Mittelhau]
       "Catching" Parries [Auffangen] (Non-Offensive, Common Fencing)
             #1 Ort Parry
             #3 Kron Parry
      Specialized Techniques to Exploit Your Adversary's Distance and Timing Errors
             #1 "Travelling After" [Nachreissen]
             #2 "Setting Upon" [Ansetzen]
      A Specialized Technique to Exploit Your Adversary's Range Errors
             #1 "Running Over" [Uberlauffen]
      Techniques for "Wrestling (at the blade)" [Ringen (am Schwert)]
             # Too many variations to list here
{AUXILIARY}
       Parts of the Longsword // Federschwert
             #1 The Blade [Klinge]
                    #1.1. The Structural Divisions of the Blade
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#1.1.1. Point [Ort]
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#1.1.2. Long Edge [Lange Schneide]

#1.2. The Functional Divisions of the Blade

#1.2.1. Strong [Stark]

#1.2.3. Weak [Schwach]

#2 The Hilt [Gehülcz // Haft]

#2.1. Crossguard [Kreutz]

#2.2. Grip [Bindt]

Properties of the sword for handling and performance

#1 Pivot Points // Rotation Points

#1 Pivot Point Relative to the Dominant Hand

#2 Pivot Point Relative to the Non-Dominant Hand

#2 Vibrational Nodes

#1 Forward Vibrational Node (also called "the Percussion Point")

Grips

#1 Grips For The Dominant Hand

#1.3. Handshake Grip

#2 Distance of Non-Dominant Hand to Dominant Hand on Hilt

#2.1. The Dobringer Grip

Types of Stance

#1 Front Stance

#1.2. High Balanced Front Stance

#1.4. Medium Forward Weighted Front Stance

#1.5. Medium Balanced Front Stance

#1.7. Low Forward Weighted Front Stance

#1.8. Low Balanced Front Stance

#2 Diagonal Stance

#1.5. Medium Balanced Diagonal Stance

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Types of Footwork
      #1 Line Step
      #2 Passing Step
      #3 Gathered Step
      #4 Traverse Step
      #5 Triangle Step
The Four Leaguers / Liers [Vier Leger] (Main Guards)
      #1 "From The Roof / From The Day" [Vom Tag]
      #2 "Ox" [Ochs]
      #3 "Plow" [Pflug]
      #4 "Fool" [Alber]
Secondary Guards
      #1 "Longpoint" [Langenort]
      #2 "Sprechfenster" [Speaking Window]
      #4 "Crown" [Kron]
      #6 "Unicorn" [Einhorn]
      #7 "Middle Guard" [Mittelhut]
      #11 "Changing Guard" [Wechsel(hut)]
      #12 "Rear Guard" [Nebenhut]
The Four Openings [Vier Blossen]
Phases of the Fight
      #1 "To-Fight" [Zufechten]
      #2 "War" [Krieg]
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#3 "Wrestling" [Ringen]
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Order of Acting and Time #1 "Before" [Vor] #2 "After" [Nach]