

THEME 3 CONCEPTS [Practitioner]

{DRILLED}

The Three Wonders/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" [Überlaufen]

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

- #1.1.1. Point [Ort]
 - #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

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]

#3 "Wrestling" [Ringen]

Order of Acting and Time

#1 "Before" [Vor]

#2 "After" [Nach]