#### **THEME 2A 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]
             #2 "Strike / Cut" [Hau/Haw]
                    #2.1. "Strike From Above" // "Over Cut" [Oberhau]
       Chaining Attacks (Full cuts)
              #1 Long Edge - Long Edge Combinations
       "Catching" Parries [Auffangen] (Non-Offensive, Common Fencing)
             #1 Ort Parry
             #2 Schilt Parry
             #3 Kron Parry
       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]
                           #1.1.4. Shield [Schilt] (only on Federschwert)
                    #1.2. The Functional Divisions of the Blade
                           #1.2.1. Strong [Stark]
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#### #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")

#2 Back Vibrational Node

### **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** 

#1.5. Medium 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** 

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The Four Leaguers / Liers [Vier Leger] (Main Guards)
#1 "From The Roof / From The Day" [Vom Tag]
#3 "Plow" [Pflug]
#4 "Fool" [Alber]

Secondary Guards
#4 "Crown" [Kron]
#10 "The Barrier Guard" [Schrankhut]

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]
```