

THEME 2A CONCEPTS [Practitioner]

{DRILLED}

The Three Wonders/Wonders [Drei Wunder]

#1 "Thrust" [Stoss/Stitch]

#1.1. "Under Thrust from Plow" [Unterstich 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]

#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

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" [Schrankschutz]

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]