

THEME 1 CONCEPTS [Experts]

{DRILLED}

Order of Acting and Time - (dedicated drills without weapon in hand)

#1 "Before" [Vor]

#2 "After" [Nach]

#3 "Meanwhile" [Indes]

A Specialized Technique for Setting Up A Threat, then Following Up on It

#1 "Wrath-Strike Point" [Zornhau Ort]

Specialized Techniques for Changing the Side of Your Attack

#1 "Changing Through" [Durchwechseln]

#2 "Pulling" [Zucken]

#3 "Snapping" [Schnappen]

#4 "Striking Around" [Umbschlagen]

#5 "Taking Off" [Abnehmen // Oben Abgenommen]

Specialized Techniques for Working in the Bind (Binding = [Binden])

#2 "Doubling" [Duplieren]

#3 "Mutating" [Mutieren]

The Specialized Way to Parry (Liechtenauer Recommended)

#1 "Displacing" [Versetzen]

Specialized Techniques to Exploit Your Adversary's Distance and Timing Errors

#1 "Traveling After" [Nachreissen]

#2 "Setting Upon" [Ansetzen]

A Specialized Technique to Exploit Your Adversary's Range Errors

#1 "Running Over" [Überlaufen]

Specialized Techniques for Counteracting an Incoming Attack with Your Own Attack

#2 "Setting Aside" [Absetzen]

#3 "Wrath-Strike" [Zornhau] (is also called a "Mastercut" [Meisterhau])

#4 "Thwart-Strike" [Zwerchhau] (is also called a "Mastercut" [Meisterhau])

{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]

#1.1.3. Short Edge [Kurze Schneide]

#1.1.4. Shield [Schilt] (only on Federschwert)

#1.2. The Functional Divisions of the Blade

#1.2.1. Strong [Stark]

#1.2.2. Middle [Mittel]

#1.2.3. Weak [Schwach]

#2 The Hilt [Gehülcz // Haft]

#2.1. Crossguard [Kreutz]

#2.2. Grip [Bindt]

#2.3. Pommel [Knopf // Klos]

Grips

#1 Grips For The Dominant Hand

#1.3. Handshake Grip

#1.5. Full Thumb Grip

#1.6. The Button // The Laser Grip

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

#2.1. The Dobringer Grip

#2.3. Non-Dominant Hand only on Pommel

Types of Stance

#1 Front Stance

#1.1. High Forward Weighted Front Stance

#1.2. High Balanced Front Stance

#1.3. High Backward Weighted Front Stance

#1.4. Middle Forward Weighted Front Stance

#1.5. Middle Balanced Front Stance

#1.6. Middle Backward Weighted Front Stance

#1.7. Low Forward Weighted Front Stance

#1.8. Low Balanced Front Stance

#1.9. Low Backward Weighted Front Stance

#2 Diagonal Stance

#1.1. High Forward Weighted Diagonal Stance

#1.2. High Balanced Diagonal Stance

#1.3. High Backward Weighted Diagonal Stance

#1.4. Middle Forward Weighted Diagonal Stance

#1.5. Middle Balanced Diagonal Stance

#1.6. Middle Backward Weighted Diagonal Stance

#1.7. Low Forward Weighted Diagonal Stance

#1.8. Low Balanced Diagonal Stance

#1.9. Low Backward Weighted Diagonal Stance

Types of Footwork

#1 Line Step

#2 Passing Step

- #4 Traverse Step
- #5 Triangle Step
- #6 The Dobringer Shuffle

The Three Wonders/Wonders [Drei Wunder]

#1 "Thrust" [Stoss/Stich]

- #1.1. "Under Thrust from Plow" [Unterstich vom Pflug]
- #1.2. "Over Thrust from Ox" [Oberstich vom Ochs]

#2 "Strike / Cut" [Hau/Haw]

- #2.1. "Strike From Above" // "Over Cut" [Oberhau]
- #2.2. "Strike From Below" // "Under Cut" [Unterhau]
- #2.3. "Middle Strike" // "Middle Cut" [Mittelhau]
- #2.4. "The Whipping" [Das Gayszlen]

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

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]
- #3 "Wrath Guard" [Zornhut]
- #4 "Crown" [Kron]
- #5 "Hanging Point" [Hangenort]
- #6 "Unicorn" [Einhorn]
- #7 "Middle Guard" [Mittelhut]
- #8 "The Iron Gate" [Eisenpfort]
- #9 "The Key" [Schlüssel]
- #10 "The Barrier Guard" [Schrankschut]
- #11 "Changing Guard" [Wechsel(hut)]
- #12 "Rear Guard" [Nebenhut]

The Four Openings [Vier Blossen]

Specialized Concepts for Working in the Bind (Binding = [Binden])

- #1 "Turning the Edge" [Wenden]
- #2 "The Four Hangings" [Die Vier Hengen]
 - #2.1. The Upper Hangings [Oberhengen]
 - #2.2. The Lower Hangings [Unterhengen]
- #3 The 3 Principles to Control a Bind
 - #3.1. Edge Beats Flat
 - #3.2. Top Beats Under
 - #3.3. Strong Beats Weak
- #4 Feeling [Fühlen]
 - #4.1. Strong [Stark]
 - #4.2. Weak [Schwach]

Phases of the Fight

- #1 "To-Fight" [Zufechten]

#2 "War" [Krieg]

#3 "Wrestling" [Ringen]

#4 "Withdrawal" [Abzug]

Moulinettes