

THEME 3 CONCEPTS [Beginner]

{DRILLED}

The Three Wounders/Wonders [Drei Wunder]

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

#2.1. "Strike From Above" // "Over Cut" [Oberhau]

#2.3. "Middle Strike" // "Middle Cut" [Mittelhau]

{AUXILIARY}

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. Balanced Front Stance

Types of Footwork

#2 Passing Step

Parts of the Longsword // Federschwert

#1 The Blade [Klinge]

#1.1. The Structural Divisions of the Blade

#1.1.2. Long Edge [Lange Schneide]

#2 The Hilt [Gehülcz // Haft]

#2.2. Grip [Bindt]

Properties of the sword for handling and performance

#2 Vibrational Nodes

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

Moulinettes