

Name: _____

Date Joined: _____

MEMAG LONGSWORD LEHRLING SYLLABUS

Introduction

History of the Art

- Founded by Johannes Liechtenauer of the H.R.E. in the mid 1300s.
- Based upon the use of the Longsword
- Taught combat in armour and without, on foot and on horseback.
- Did not invent the art, but traveled through many lands to learn the art.
- Compiled the art into a system in form of the Zettel.
- The art was used for duels, self-defense, war, and sporting competitions.
- At first the art was only for nobility, but later spread to more common people.
- The tradition lasted over 200 years.

Essential Equipment

- Uniform
- Fencing mask
- Sword simulator
- Water bottle.

Safety

- Standing at attention.
- Saluting
- Stay in control of your actions at all times.
- Treat weapons with caution.
- Stay within the confines of a drill.
- Do not waste class time.

Training

- Focus
- Persistence
- Practice
- Perfection
- Intent in partner drills.

Das ist die Vor Red “This is the Foreword”

The Chivalric Code of the Fencer

-“But all hear openly, entirely without all fear freely the clever man speaks that without insanity; he is named a brave man who equally withstands his injury. That will I prize within all places, chivalrously without misdeeds free from impropriety and audacity. That he is a rightful fencer.” – Hanko pfaffen Doebringers, Andres Juden, Josts von der nyssen, Niclas prewßen

Code of Conduct inside the Fechtschule

-“Observe, if you will learn to fight artfully, you should attend to these verses with diligence. A combatant shall conduct himself properly, not be a boaster, gamer, or toper, and also not swear or blaspheme, and shall not be ashamed to learn. Reverent, modest, also calm, especially on the day when he shall fight; be temperate, show honor to the old, and also to womenfolk. Attend furthermore: all virtue, honor, and manliness, you shall cultivate at all times, so that you can serve with honor emperor, king, prince, and lord, and also be useful to the fatherland, and not a disgrace to your native country.” – Freifechter Joachim Meyer

Code of Conduct Outside the Fechtschule

-“You should not learn fencing that you to one unjustly with your art will oppress. In such knowing shall you not maintain fighting with a pious man. If a serious necessity occurs, use your art; otherwise do not compel anyone, want you that you shall succeed. In all fencing so I advise you, do not rely too much on the art, and have the supreme rightful fencer before your eyes that he cares for you by your art. And practice your art for necessity in rightfulness and not otherwise as jesting. So may you at all times stand before a fencer as a good rightly man. But there-around is

fencing invented, that one shall practice it rightly and in good true beauty when it brings dexterity, intelligence, and wisdom. Consequently, it often comes also that a man against one for honor, body, and good, must stand. He then wins with his art chivalrously, with providence and with right; that I praise.” – Hanco pfaffen Doebringers, Andres Juden, Josts von der nysen, Niclas preußen

Eyes of a Falcon

-So that I will not be fooled.

Heart of a Lion

-So that I strive forward.

Feet of a Hind

-So that I spring forwards and away.

The definition of Combat from Freifechter Joachim Meyer

-“Now combat with the sword is in essence a practice in which two opponents strive against each other with the sword with the intent that one will outmaneuver and overcome the other with intelligence and nimbleness, artfully, finely, and manfully, with hews and other handwork, so that if it were necessary in earnest cases through such practice one may be more quick and skillful and judicious for the protection of his body.” - Freifechter Joachim Meyer

Division of the Sword

-Klinge-Ort-Schweche-Stercke-Lange Schneide-Kurtze Schneide-Gehiltz-Knopf-Heft-Creutz

Gripping the sword

-Little finger tightest, index loosest.

-Standard Grip

-Thumb Grip

-Flexibility in Grip

Length and Measure

-Length

-Extension of the arms to make full use of reach.

-Relax shoulders.

-Slightly bend elbows.

-Measure

-Width of the feet is about two-foot lengths.

-Bend front knee, stretch back leg.

-Keep back straight, chest open, head up.

-Be small in body, large in sword.

Das ist ein Gemeine Ler des Langen Swerts “This is a general lesson of the Longsword”

Eye contact

-Look at or above the opponent’s head.

Wag (Balanced Stance)

-Can be higher or lower

Leger/Huten (Layings/Guards)

-Positions from which to attack or defend.

Foundational Hews

1. Oberhau

2. Zornhau

3. Mittelhau

4. Unterhau

Breathing

-Breath with each action.

Hewing Solo Drill

-*Oberhau*

-*35 Full Hews alternating sides*

- 30 *Half Hews alternating sides*
- 35 *Full Hews alternating sides*
- Zornhau
 - 35 *Full Hews alternating sides*
 - 30 *Half Hews alternating sides*
 - 35 *Full Hews alternating sides*
- Mittelhau
 - 35 *Full Hews alternating sides*
 - 30 *Half Hews alternating sides*
 - 35 *Full Hews alternating sides*
- Unterhau
 - 35 *Full Hews alternating sides*
 - 30 *Half Hews alternating sides*
 - 35 *Full Hews alternating sides*
- Free Hews
 - 100 *Free hews*

Pell Hewing Solo Drill

- 50 *oberhau alternating sides*
- 50 *zornhau alternating sides*
- 50 *mittelhau alternating sides*
- 50 *unterhau alternating sides*
- 50 *Free Hews*

Test hewing targets

- Each of the four hews on a stationary target to test edge alignment, power, and form.

Zeckrur

- A light quick blow

- 1. Zeckrur slice to the arm**
- 2. Strike below to the body**

Circular footwork Solo Drill (80 Free Steps around the Circle)

- Used to maintain distance

Parrying

- Blocking with the sword
- Voiding with the feet
- Used only when necessary

Phases of the Fight

- Zufechten
 - Approach
 - The Place
 - The blink of an eye
 - Everything up to until when contact is made
- Krieg
 - Actions that take place at close range after initial contact
- Endstuck/Abzug
 - Finishing action (pushing to the ground)/ Withdrawal to safety

Vor/Vorschlag (Before)

- The Initiative.
- Always strive for the before
- First attack in a series of attacks.

Nach/Nachschatz (After)

- The Response.
- Wait for the after if you must

- Following attacks in a series.
- Schwech/Weich (Weak/Soft)
 - The part of the sword where you cannot hold opposed.
 - Pressure which you can overcome.
- Starck/Hart (Strong/Hard)
 - The part of the sword where you can hold opposed.
 - Pressure which you cannot overcome.
- Indes/Fühlen (In-of/Feeling)
 - The time in between the beginning of an action and its end.
 - Feeling the opponent's intentions through his pressure.
 - Strong against weak, weak against strong

If you frighten easily, no fencing should you ever learn.
 -You cannot win or train in fear.

The Five Hews
 -Used at the beginning of the fight
 -From which come many Masterful Pieces

Das Ist der text "This is the text"

The chapters of Liechtenauer's System

Der Zornhau "The Wrath-Hew"

1. **Lang Zorn-ort**
 - a. **Abnehmen**
 1. **Failed abnehmen, strike to same side of blade to the head**
 - ii. **Counter abnehmen with short edge and strike to head**
 - iii. **Counter abnehmen by stepping out and cutting to the opening**
 - iv. **Counterbind against abnehmen and search the openings**
 1. **Wind right**
 - a. **Hew to legs**
 - b. **Nidernehmen**
2. **Zornort**
 - a. **Wind out**
 - i. **Nidernehmen**
 1. **Pull to self, strike to head, abnehmen**

Fühlen
 Frequens Motus
 -He who is still is dead, he who moves lives.
 -Always keep the opponent on the defensive.

b. Stab to the four openings

The three wounders
 -Three ways of injuring the opponent from the winding
 - Hew, Stab, and Slice.
 -Do the right one in the right situation.

c. Unterschnitt if he rushes in

Die Vier Blossen "The Four Openings"

Vier Blossen
 -Above and below the belt to either side.

Anatomy in German

-Leib (Body) -Kopf/Haupt (Head) –Gesicht (Face) –Ohr (Ear) –Ougen (Eyes) –Nase (Nose) –
Maul (Mouth) -Hals/Kel/Nacken (Neck/Throat/Nape) –Achsel (Shoulder) –Urgssen (Armpit) -
Armen (Arm) –Elbogen (Elbow) –Gelenck (Wrist) –Hand (Hand) –Feust (Fist) –Dawmen
(Thumb) –Finger (Finger) –Brust (Breast) –Rucken (Back) –Bauch (Stomach) –Hufft (Hip) -
Gemacht/Hoden (Groin/Testicles) -Bein (Leg) –Kniepug (Knee) –Shenkel (Shank) –Ankel
(Ankle) –Fuess (Foot)

Meyer's Hewing Drill on the Pell

-Right Zornhau, Left unterhau, Right unterhau, Left zornhau.
-Right unterhau, Left Zornhau, Right Zornhau, Left Unterhau
-Left Zornhau, Right unterhau, Left unterhau, Right Zornhau
-Left unterhau, Right Zornhau, Left Zornhau, Right unterhau

Die Vier Blossen zu Brechen "To Break the Four Openings"

3. Duplieren
 - a. Counter with Winden
4. Mutieren
 - a. Counter with Hangen Ort

Der Krumphau "The Crooked-Hew"

1. Break Ochs by cutting to the hands
2. Krump to the hands
3. Using Schranckhut on both sides
4. Krump to flat and strike to the head or body
5. Wind to the face after Krumphau to the blade
6. Krump nicht Kurtz hau
7. Wind to counter his striking from the sword against your krumphau
8. Break Krumphau with long point
9. Follow by winding right and noble war

Der Zwerchhau "The Thwart-Hew"

1. Break vom Tag (when he steps to you, threatening to hew)
 - a. Counter with Zornhau ort
2. Zwerch against Oberhau
 - a. Mutieren
 - b. Neck slice
 - i. Counter with arm wrap and groin stab
 - c. Throw by the neck
 - i. Counter with Schnappen
 - ii. Counter with Duplieren
 - d. Stoss pommel up in bind to strike his left ear
 - e. Duplieren
 - f. Thrust to the side with hilt and Zwerch to other side
 - i. Counter second Zwerch with Oberschnitt and strike to head
 1. Counter with Duplieren
 - a. Counter with Winden and slice throat
 - ii. Counter with Zwerch under his sword
 1. Counter by parrying, and Zwerchau to his left
 - g. Unterschnitt
 3. Zwerch to the four openings
 - a. Counter high or low with a low Zwerch

- b. Counter his second low Zwerch by laying the short edge on his neck
- 4. Fehler – high to high
 - a. Oberschnitt to wrists to counter
- 5. Fehler – high to low
- 6. Fehler - Unterhau from both sides in Zufechten, Unterhau, stab to chest, pulled zwerch, zwerch to left
- 7. Verkehrer – Take the elbow
- 8. Verkehrer – Hip throw
- 9. Zwifach Fehler
 - a. Counter with Sprechfenster

Der Schielhau “The Squinting-Hew”

Schielhau

- 1. Schielhau against buffel-hau
 - a. Counter his Durchwechselln
- 2. Counter Pflug
- 3. Durchwechselln (Against a shortened sword)
- 4. Squint to point and take throat
- 5. Look to head but hit hands – Langenort
- 6. Look to head but hit hands – Oberhau
- 7. Zwifach Fehler – ober, pull, ober, pull, ober to his left, with springs

Der Scheitelhau “The Part-Hew”

- 1. Breaking Alber
 - a. Invert and stab below to the chest over hilt when he defends
 - i. Kron to counter
 - 1. Unterschnitt and hende drucken to counter Kron
- 2. Durchgehn under his hands and stab to his right face

Die Vier Leger “The Four Lyings”

Vier Leger

- Four basic positions from which everyone fights
- You can recognize the opponent’s attacks from his guards
- Do not hold them long, but move from them

- 1. Ochs
- 2. Pflug
- 3. Alber
- 4. Vom Tag

Free transitioning through the guards on both sides Solo Drill (80 Transitions)

Die Vier Versetzen “The Four For-Settings”

Vier Versetzen

- Attacks which break the four Guards safely

- 1. Krump to ochs
- 2. Zwerch to vom Tag
- 3. Schiel to Pflug
- 4. Scheitel to Alber

Good and bad displacing

5. **False Abnehmen**
6. **Half-Zuck and Duplieren or short edge to head**
7. **Oberhau and wrench if he's close**
8. **Unterhau and schnappen from both sides**

Vier Ansetzen

9. **Stab against Oberhau or Unterstich**
10. **Stab against Unterhau to both sides**

Stechen Solo Drill

-50 oberstechen alternating sides

-50 unterstechen alternating sides

Von Nachreisen "Of After-Traveling"

Nachreisen

-Attacking the opponent when he his moving his sword away from you

1. **Stab, Hew or Slice when he pulls up to Oberhau**
2. **Stab him when he pulls back to stab**
3. **Hew him above when he misses**
 - a. **Ausser nym "nachreissen on the sword" - Zwerch from bind**
 1. **Counter his zwerch with zwerch under to his neck**
 2. **Or cut him on his right**
 3. **Or slice over his arms to his head**
 - ii. **Duplieren**
 - b. **Stab to the lower opening**
4. **Second outside taking - follow his sword and search the openings**

Indes/Fuhlen

5. **Alt Schnitt**

Von Überlaufen "Of Over-running"

Überlaufen

-Getting on top

-A straight line from the shoulder

- 1) **Oberhau and shoot the point when he attacks low**
- 2) **Stab to face or chest against Unterhau, work from the bind**
- 3) **Counter his Umschlag from the displacement by binding to his head**
- 4) **Gewappet ort**
 - i. **Counter with arm slice and halbschwert stab**
 - b. **Pommel Stoss**
 - c. **Throw with the pommel**

Von Absetzen "Of Off-Setting"

Absetzen

-Defending while keeping the point online

1. **Against stab from pflug**
2. **Against hew from pflug**

3. **From Hoch, set off to left in ochs against hew or stab**
4. **From Wechsel, set off to left in pflug against hew or stab**

Von Durchwechselln “Of Through-Changing”

Durchwechselln

-Dropping your point under their blade to attack an opening on the other side

1. **From a hew or a stab – before or after bind**
 - a. **Again if he displaces**
2. **From long point**

Von Zucken “Of Pulling”

Zucken

-Pulling your blade back and to the other side of theirs to attack the other opening

1. **Zucken before the bind**
2. **Half Zucken after the bind (to the same side)**
 - a. **Follow with Duplieren**

Von Durchlaufen “Of Through-Running”

Durchlaufen

-Close quarters work

-If he rushes in

Falls and Rolls Solo Drill

-10 forward rolls alternating sides

-10 backward rolls alternating sides

-10 forward falls

-10 backward falls

Muscle Chain Mechanics Exercise

-Push your partner back with your arms and body

- 1) **Throw him backward over right hip**
- 2) **Throw him forward over right hip**
- 3) **Throw forward over left hip**
- 4) **Throw backward over left hip**
- 5) **Grab right with inverted left, strike over his head (low with arms)**
- 6) **Or throw back with right before or behind the neck**
- 7) **Take the elbow**
- 8) **Figure four throw/break**
- 9) **Lower key lock**
- 10) **Kal’s First Hip**
- 11) **Kal’s Second Hip**
- 12) **Kal’s Third Hip**
- 13) **Kal’s Fourth Hip**
- 14) **Schwertnehmen with inverted left over right arm to grip**
- 15) **Schwertnehmen row**
- 16) **Pommel Stoss between arms to face or chest**
 - a. **Counter by falling with the pommel**

Von Abschneiden “Of Off-Slicing”

Abschneiden

-Slicing to prevent an attack or as an attack

- 1) **He falls midway on your low sword, low Abnehmen to the mouth**
- 2) **Schnappen against barring**
 - a. **Counter with slice and stab**
- 3) **Oberschnitt from both sides**
- 4) **Unterschnitt from both sides**
 - a. **Counter by falling with long edge and searching the openings**

Von Hende Drucken “Of Hand-Pressing”

Hende Drucken

-Pressing the hands to free yourself after a slice

1. **Hende Drucken to both sides**

Von Zwei Hangen “Of Two Hangings”

Zwei Hangen

-Two hangings of the sword

- 1) **Thrust from Pflug, when he defends up, wind to upper hanger**

Von Sprechfenster “Of Speaking-Window”

Sprechfenster in the Krieg

- 2) **Sprechfenster – Follow with point if he withdraws**
- 3) **Counter Oberhau with bind**
- 4) **Oberschnitt and work to head to counter Umschlag**
- 5) **Nachreisen to counter Zucken**
- 6) **Duplieren if he remains**

Sprechfenster in the Zuffechten

- 7) **Long point – Absetzen against Oberhau**
- 8) **Durchwecheln**
- 9) **Schnappen**
- 10) **Schnitt against high arms**
- 11) **Ringeln against low arms**

Das ist die beschliessung der zedel “This is the conclusion of the Zettel”

Winding

- 1) **Eight windings**

24 techniques

-Hew, stab and slice from each winding

Tactics

-Be first to gain the place in a leger

-Pause for the blink of an eye to assess the situation

- If he does not attack you, attack him immediately
- If he does attack you, counter him
- Have a finished piece in your mind
 - “This is what I intend!”
- Know the correct time to use each stuck and bruch
- Know when, how, where, against what
- Fight without wrath, fear, or reckless haste so you do not forget the art
- Do not only think of counters but also attacks
- Have great quickness when countering
- Have proper application of weakness and strength through feeling
- Do not bring yourself harm with your fencing

Required Reading

H.S. 3227a
Musashi
Machiavelli
Meyer’s Introduction

Geführtfechten

Slow speed (30 repetitions)
Full speed (50 repetitions)

Cutting Experience

Cutting mats, jugs, or organic matter with a sharp sword (50 cuts)

