

MEMAG LONGSWORD SYLLABUS

Introduction

HEMA

- What is HEMA
- Shared aspects of Martial Arts
 - Controlling the Fight
 - Efficiency
 - Artfulness
- Why learn a HEMA?
 - Self defense
 - Exercise
 - History
 - Competition
 - Self Improvement
- Why learn to heal?
 - Balance the destruction
 - Heal yourself
 - Heal others

The Liechtenauer Tradition

- HRE
- The Longsword in history
- The Longsword and its parts
 - Choosing a ready sword
 - Parts of the Sword and their uses

- Liechtenauer
- Other Masters
- The Art

Essential Equipment

- Shoes
- Clothing
- Sword Simulators
- Pell
- Sharp Sword
- Cutting Targets
- Translation of Primary Sources

Fundamental Concepts

- How to train
 - Focus
 - Time and persistence
 - Dedicated practice
- Progression of training
 - Learned reflexes and muscle memory
 - Start with hard movements with long intervals
 - Progress to fast movements with short intervals
- Safety
 - Standing at Attention
 - Saluting
 - General Safety Rules

General Lessons

Warm-up

- Stretches
- Balance drills

Stance

- Forward Stance
- Reverse Stance

Footwork

- Passing Step
- Adjustment Step
- Triangle Step
- Springing

Gripping the sword

- Standard Grip
- Thumb Grip
- Half Sword
- Murder Stroke

Eye contact

- Normal Gaze
- Deceiving Gaze

Breathing

Distances

- Length
- Measure

Leger/Huten (Postures/Guards)

Attacking

- Haue (Cuts)
 - Oberhaue
 - Unterhaue
 - Mittelhaue
 - Zecker (Tag-hits)
- Stechen (Stabs)
 - Unterstechen
 - Oberstechen
- Schnitte (Slices)
 - Oberschnitte
 - Unterschnitte

Test Cutting

Defending

Master Kal's Allegorical Figure

- Eyes
- Heart
- Feet

The Five Words

- Vor (Before)
- Nach (After)
- Schwech/Weich (Weak/Soft)
- Starck/Hart (Strong/Hard)
- Indes/Fühlen (While/Feeling)

Binden

Bleiben

Frequens Motus

Motion

Phases of the Fight

- Beginning
- Middle
- End

If you frighten easily, no fencing should you learn

Zornhau (Wrath Cut)

+Zornhau

- +Zornhau-Ort (Nach)

- +Counter by using Winden (H)

- +Counter with Ablauffen and Geschrencktort (T, M)

- +Abnehmen (Umbschlagen)
 - +Counter
- +Winden on the Right
 - +Take it down and stab
 - +Unterhau to the legs (H)
- +Winden on the Right
 - +Take it down and stab
 - Take it to the other side and stab
- +Zornhau (Vor)
 - +Counter by binding strongly with an Oberhau or Zorn-Ort
- +Winden
 - +Halbschwert thrust Counter (W)
- +Take it down and thrust
 - +Take it to the other side and thrust
- Unterhau from Left

- The Krieg
- Fühlen
- Above and Below
- The three wounders
 - +Cut
 - +Stab
 - +Slice

Vier Blossen (Four Openings)

- Vier Blossen
 - Four Openings
 - Breaking the Four openings
 - Using his Nach against him (M)
 - Duplieren
 - +From Ringeck
 - +From Kal
 - +From Goliath (from the left)
 - Mutieren
 - +From Ringeck
 - +From Kal
 - +From Goliath (from the left)

Krumphau (Crooked Cut)

- +Krumphau
 - +To the hands
 - +Strike to the head after hitting the blade
 - +Short Cut
 - +Counter the Krumphau with the long point
 - +Counter with the Noble War

Zwerchhau (Thwart Cut)

- +Zwerchhau
 - +To the head
 - +Duplieren
 - +Counter with schnappen
 - +Hook and Zwerchhau
 - +Throw
 - +Cut
 - +Counter with schnappen (D)
 - +High and Low
 - Verführen (M)
 - Verfliegen (M)
 - +Failer

-Failing

- +Verkehrrer
- +Double Failer
- +Counter with a high Zwerchhau
- +Counter with a cut to the arms and neck
- +Counter with a cut
 - +Countered by duplieren (D)
 - +Countered by Winden (D)
- +Counter with a low Zwerchhau (R, D)

Schielhau (Squinting Cut)

+Schielhau

- +Against an Oberhau
- +Thrust if he changes through
- +Durchwechselln
- +Defeat Langenort
- +Look to the head but strike to the hands

Scheitelhau (Scalp Cut)

+Scheitelhau

- +Against Alber
- +Wind against Kron
- +Use Kron to counter
- +Wind from Kron to counter (M)
- +Cut against someone rushing in and press the hands

Vier Leger (Four Postures)

-Vier Leger

- +Ochs
- +Pflug
- +Alber (You are a Fool to lie in it)
- +vom Tag
- +Schlaudern from Leger (M)

Vier Versetzen (Four Displacements)

-Vier Versetzen

- Displacing
 - Good
 - Bad
- +Krumphau to Ochs
- +Zwerchhau to vom Tag
- +Schielhau to Pflug
- +Scheitelhau to Alber
- +Schnappen to counter a displacement
- +Tear at him on the blade to counter a displacement (Zucken)
- +Zirckel (M)
- +Halfsword thrust from Zwerchhau to counter a displacement

Nachreisen (Chasing After)

-Nachreisen

- +When he pulls back
- +When he strikes short (adjustment step back to facilitate)
- +First outside taking
- +Second outside taking
- +A Nachreisen from low Cuts
- Indes/Fuhlen
- +Counter to Nachreisen
- +The old cut
 - +Counter his counter by un-inverting (M)

Oberlaufen (Over-running)

-Oberlaufen

- +Against a low cut
- Get on top of his sword
- Schnappen
- Oberfallen (T)

Absetzen (Setting-off)

-Absetzen

- +From right side against a cut and stab
- +From left side against a cut and stab
- +Counter to Absetzen with Fehler (T)

Durchwechselln (Changing Through)

-Durchwechselln

- +Against a strike near your point
- +Against one whom fights short

Zucken (Pulling)

-Zucken

- +To the other side (Umbschlagen) (D, M)
- +To the same side

Durchlaufen (Running Through)

-Durchlaufen

- +Back over right leg
- +Forward over right leg
- +Back over left leg
- +Forward over left leg
- +Figure Four
- +Arm bar
- +Elbow push
- +Arm wrap (T)
- +Schwertnehmen row
- +Step in the stomach (T)
- +Schwertnehmen with the halbschwert (T)
- +Throw with both hands (T)
- +Ball and chain (T)
- +Neck cut and elbow push (T)
- +Halbschwert throw (W)
- +Pommel knock with right hand and Schwertnehmen (W)
- +Pommel knock with left hand and Schwertnehmen (W)
- +Throw back and thrust (W)
- +Fall in both legs (W)

Abschneiden (Cutting-Off)

-Abschneiden

- +Cut off the hard ones from below
- +Four cuts
- +Counter to schnappen

Hende Trucken (Hand-Pressing)

-Hende Trucken

- +From below to above

Zwei Hangen (Two Hangings)

-Zwei Hangen

- +Lower left
- +Upper left
- +Verschieben (M)
- Sprechfenster in the Krieg
- +If he backs off
- +If he strikes to the other side with an Oberhau

- +If he strikes to the other side with a Zwerchhau
- +Nachreisen against an Oberschnitt
- +Duplieren if he remains
- Sprechfenster in the Zufechten
 - +Absetzen
 - +Durchwechselln
 - +Schnappen
 - +Durchlaufen

Das Winden (The Winding)

- Das Winden
 - +8 windings
 - +24 techniques
 - +Counter to an Abzüg from Hs. 3227a
 - Conclusion of the teachings and details of strategy

Teachings of Additional Masters

Additional Teachings

- Abzüg
 - Danzig General Teaching
 - Meyer
- Nebenhut (R)
 - +Play 1
 - +Play 2
 - +Play 3
 - +Play 4
 - +Play 5
 - +Play 6
 - +Play 7
- Wallerstein Winden
 - +Counter Throw Indes (W)
 - +Counter Winden (W, T)
 - +Verzuckerterhau to the Elbow (W)
 - +Nider Stoss (Ausreisen) and neck throw (W)
 - +Aussernehmen (W)
 - +Neck cut and arm break (W)
 - +Counter arm break (W)
 - +Counter throw (W)
 - +Throw with the Halbschwert (W)
 - +Shove and cut (W)
 - +Pommel between the hands schwertnehmen (W)
- +Sturtzhau (T)
- +Rinde (M)
- +Wechselhau (T)
- +Gayszlen (T)
- +Barring (T)
- +Plate 23 (T)
- +Plate 25 (T)
- +Plate 27 (T)
- +Plate 28 (T)
- +Mortstosse (T)
 - +Throw from the Mortstosse
- +Plate 35 (T)
- +Plate 36 (T)
- +Unarmed Counters against a Longsword
- +Bouting

Further Lessons

Fight Tactics

Healing

Healing using Medieval Methods

Interpreting Primary Documents

Interpreting Medieval Manuscripts

Teaching Others

Teaching others the Art of Unarmoured Longsword Fencing

Attributes of a good teacher