

FREI FECHTER GRADING:

Secondary Weapon

Your secondary weapon demonstrates your ability to read and interpret Meyer's text effectively, and your ability to extrapolate your established skills to a new domain.

The process is:

- Read the entire section in the 1570 (Lund if you have it).
- Choose which document will be primary for your interpretation (Lund or 1570). You will use the other to supplement your work.
- Answer the questions below.
- Present those answers to the Head Instructor for discussion. We will define the key competencies and areas for practise together.
- Practise the defined elements.
- Write a short summary of your training experiences preparing for the test.
- Play for the prize.

QUESTIONS:

- What is common with the techniques of Longsword (with this weapon)?
- How does Meyer apply contraposto and oppositional cutting/rotation in this form?
- What needs adaptation to be effective? What does this teach us about the weapon?
- What is unique to this form? **What aspects of the craft does Meyer choose to teach with it?** What does this imply about the weapon?
- What is the most characteristically "Meyer" technique or principle he presents with this weapon?
- What are the skills we lean most heavily on with this weapon? What are the most important practical elements here?
- What is important to the system that you cant do yet? Why?