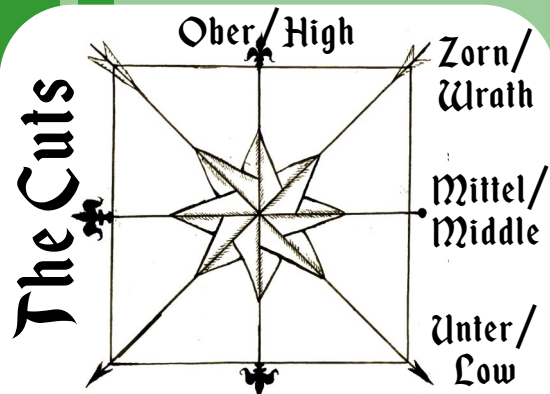


Father Cuts



"With this weapon extend far and long, hang over forward after the cut. With your body step far as well; send in your cuts powerfully around him."



Cut principles:

- Strike directly.
- Turn the body, engage the core
- Fully extend to Longpoint—create a strong structure.
- Step behind the cut and "shadow" your sword.
- Recover into a new posture.

Simple Parries



"When he cuts, see that you escape his stroke, or catch it ... at once cut quickly at the same part from which he has cut at you."

Simple parry zones:

- Schnitt (Slice) - High openings. Catch with arms outstretched, point up, turning long edge.
- Iron gate (Eisenpfort) - Low openings. Catch dropping into low posture, bend hips, kick out back foot.

Notes:

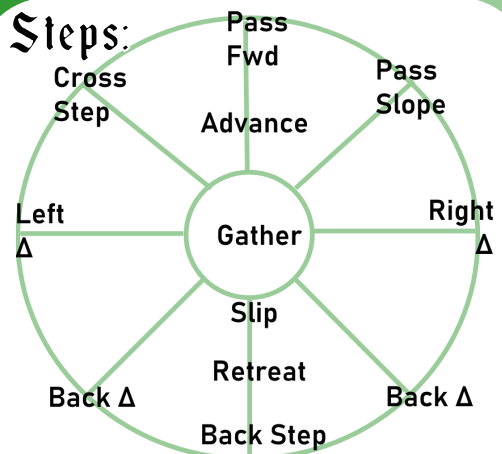
- Use the long edge and the strong.
- Slip or Triangle step to remove the threatened quarter.
- Fit the posture to the parry (high/low).
- Riposte Indes.
- Cut into the parry if possible.

Steps



“Whoever first steps after the cuts should not rejoice much of his skill.”

Steps:



- Pass: Full step forward or back.
- Advance/Retreat: shuffle step.
- Triangle: rear foot passes, left pivots behind.
- Slip: leading foot backwards.
- Gather: back foot forwards.

Guards or Stances



“You shall learn to recognise your opponent’s combat from his posture.”

Name and form the Guards:

- Central: Wacht (Watch), Schnitt (Slice), Langort (Longpoint), Bastey (Bastion) & Hengentort (Hanging).
- To each side: Zornhut (Wrath), Stier (Steer), Mittelhut (Middle), Eber (Boar), Wechselhut (Change).

Purpose of the Guards:

- Engaging safely, ready to defend.
- Remembering devices/technique.
- Predicting the opponent.
- For constant motion, preventing being predicted.

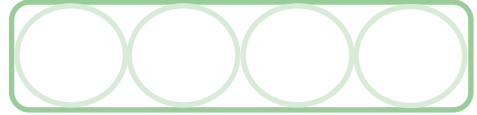
Thrusts



“There are three chief thrusts, from which all the others arise and originate.”

Three Thrusts:

- High (Oberstich) from Steer.
- Low (Unterstich) from Boar.
- Straight (Gerade)



Thrust principles:

- Thrust directly and turn the body.
- Turn the point into the quarter they are occupying
- Turn the long edge into the bind.

The Hussack

- 1: Grip
- 2: Knucklebow
- 3: Long edge
- 4 Short edge
- 5: Strong
- 6: Weak
- 7: Point

Long edge = forward

Short edge = back

Quarters of sword:

- Full Strong
- Half Strong
- Half Weak
- Full Weak



Parts of the Sword & Uses:

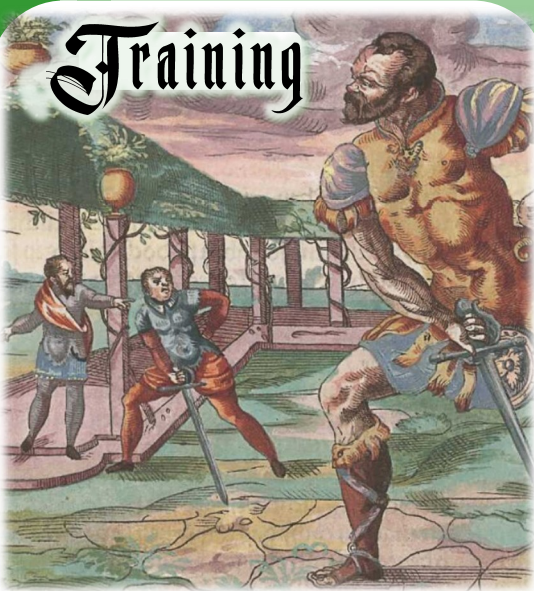
- Grip/pommel: for wrestling, grappling, and hooking over the wrist.
- Strong: useful for parries, slicing, winding, and pressing.
- Midpart: for work according to the opportunity.
- Weak: for changing through, flicking, and thrusts.

Handling the Sword:

- “Tennis grip” applies force through the edge, relaxed but firm contact.
- Use dynamic gripping through the fingers to control and power blows, rolling up and down the hand.
- Transition to “thumb grip” to use short edge.



Training



“A combatant shall conduct himself properly, not be a boaster, gamer, or drunkard, and also not swear or blaspheme, and shall not be ashamed to learn.”

Consider Others:

- Know your Club rules, Code of Conduct and Safety standards.
- Remember the Windsor rule: “Everyone ends training healthier than they started.”

Training & Drilling:

- As a Student, define your focus during drilling. Stay on task.
- As a Coach, control your input and feedback for the drill to be challenging but achievable.
- Vary intensity and style of drilling to suit your focus.
- Regroup if focus achieved or the drill breaks down & set new focus.

Free play



“And indeed the true art and Craft is found here above all ... since here the art depends upon the person.”

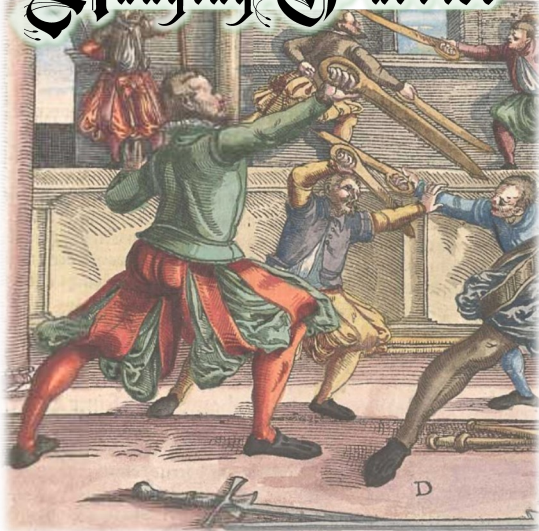
Know and apply:

- Free play Rules: beginning and halting play, acknowledging hits.
- Types of Free play: Conversational, Earnest & Competitive play.
- Use appropriate safety gear.

Engaging in Freeplay

- Recognize threat and maintain good measure to be safe against basic attacks.
- Recover after making attacks.
- Maintain your composure and control the power of your strikes.
- Communicate with your partner about expectations and outcomes.

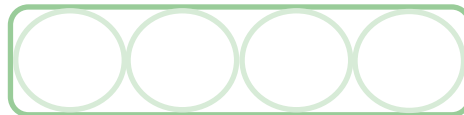
Hanging Parries



“Send your parrying up from below with extended arm against his High Cut in the air; for the higher you catch his cut in the air, the more you weaken it”

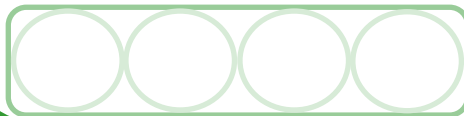
Hanging (Hengen):

- Catch with the strong; meet high, to avoid over-running.
- Step laterally (triangle step).
- Yield and snap around if hard.
- Storken Schnabel: Collect with hengen and Wind to Longpoint.



Recover in Hengen:

- Recover into Hengen after a cut, to both sides.
- Extends into circular deceptions. (failing, circle) and Plunge cut.



Four Openings



“You should here learn firstly how to recognise the openings quickly, secondly, how to act against it.”

Engaging the openings:

- Changing: Strike to the opening and change to a new one as they open themselves.
- Doubling: Strike twice to the same opening, stepping around.



Notes:

- Remember—attack the nearest opening in the shortest way.
- Stay behind your sword at all times by stepping.
- Punish poor position and force them to open up with stepping; e.g. force them high to hit low, go left-right, etc.

Countercuts



“Note that two simultaneous cuts that are delivered against one another with their steps always put off and parry one another.”

Countercuts & Taking out

- Suppressing (Demffen): Cut High to the slice, delivering a beat.
- Taking out with the Short (Ausnehmen kurze): slash up with short edge beat.
- Counter-cut (Gegenhauw): cut over them, strong to strong.



Notes:

- Overrunning: the higher cut wins.
- High cut takes out Wrath, Middle and Low and vice versa.
- With Low cuts meet the blow high, and step well to the side.

Measure



“And as soon as he comes within range of the opponent, he will lay on and cut with advantage and sound skill.”

Distance Management:

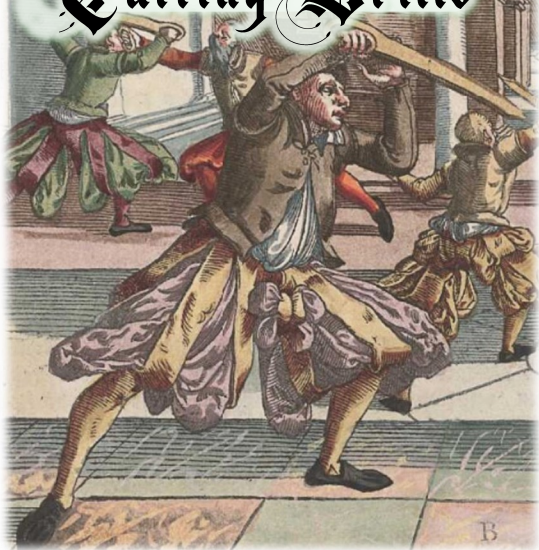
- Form an effective guard at measure. Measure = In Striking Distance.
- Maintain safe engaging distance.
- Expand measure in defence.
- Contract measure in offence.



3 Measures:

- Zufechten: Weak <--> Weak. For sweeping, pulled blows, changing & deception.
- Krieg: Middle <--> Middle. For Handworks & winding. Do not leave the bind without opportunity.
- Ringen: Strong <--> Strong. For grips and wrestling.

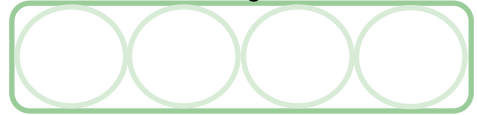
Cutting Drills



“You will find a useful way to learn the principles of these cuts in the treatise on the Dussack, laid out through four precepts.”

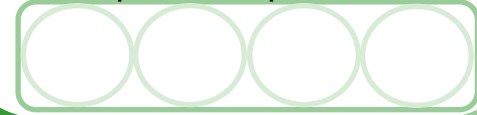
Drill 1:

- Full cuts on four lines, turning the shoulder well, recover to Watch.
- Half cuts to Longpoint, recovering to Hanging.
- Extend with cut, gather to recover.



Drill 4:

- 6 Cuts: Wrath, Middle, Low, Low, Middle & High cuts.
- Cross cuts (Wrath to both sides) into Middle cut.
- Cross Change (ribbons): R. Wrath, Slash up Short. repeat on Left.



Crooked Cuts



“Brawling is a compiled summary and true kernel of both weapons, Dussack and Rapier ... so anyone can learn from it, even if he has only learned the simple basics.”

Crooked cuts (Krumphauw):

- Extend your cut, then invert your hand 180 deg. to strike the oncoming blow with the short edge. Let the grip shift through your fingers to turn fully around.
- “turn the point in (to their sword)”
- Can be done from any long cut.



Applications:

- Parry/beat: turn just before contact
- Wrench/bar: turn after contact.
- Plunging cut: turn the point crooked in their face.



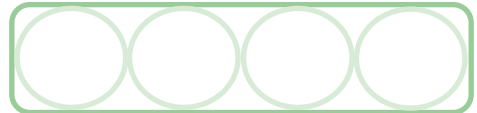
Mechanics



“The postures are a graceful but also necessary comportment of the whole body with the sword.”

Mechanics & Posture

- Maintain knightly posture; shoulders and back straight, chin up, hips and core engaged.
- Engage the whole body, turning shoulders and hips to power strikes. The body and feet extend and contract in a constant cycle.
- Open the hips in stepping, transferring weight smoothly from one foot to the next.
- When lowering stance, flex the knee well, drop down directly and engage core.
- Toes point in direction of movement, knees track over toes.



Zucken



“With this pulling you shall also change off with the first laying on, so that now in this quarter, now in another you let it fail.”

Zucken (Pulling)

- Shorten the arms and turn the body to bring the sword back from the bind and chamber a new blow.
- Deceive by pulling to a new opening as they parry.
- Pull to change through and deliver the point.



Notes

- Pulling can be used both to deceive and chamber a new blow.
- Keep the point in centre for safety.
- Lay on with pulled blows in succession.
- Set aside or slice if they counter.

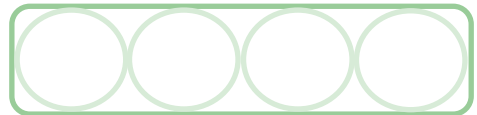
Secondary cuts



“For whatever devices you should wish to execute... if you do not fully know the cuts themselves, each one individually according to its manner, and execute the techniques correctly, then you will not accomplish much of use.”

Secondary cuts:

- Kreutzhauw (Cross cut): double wrath cut, use to cover or provoke.
- Flugelhauw (Winging): double low cut, use to set up or cover.
- Wechselhauw (Change): changing sides with a cut, on the same line.
- Sturzhauw (Plunge): dropping the point over forward towards the face.
- Fehlhauw (Failing): changing off with a circle to a new quarter.
- Windthauw (Winding): cutting onto, and then behind the sword with winding.



Lehrling Grading



“Now when this has taken place, then you are at last trained and ready to step into the ring ...”

Freeplay Assessment

- Maintain Safe Distance ☐
- Use Basic Defences ☐
- Initiative & Pressure ☐
- Range of Technique ☐
- Reading Opponent ☐
- Composure ☐
- Taking Feedback ☐

3 Strikes

- Unrehearsed combos ☐