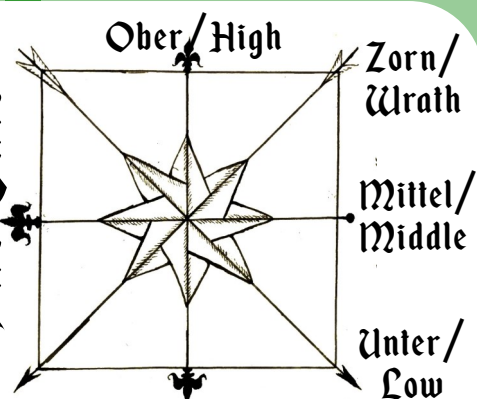


Father Cuts



“Learn to deliver the cuts or thrusts powerfully, correctly, and well, with extended arms, and with the strength of your whole body.”

The Cuts



Cut principles:

- Strike directly: the string.
- Turn the body: shoulders turn, core/hip engage, arms & legs extend.
- Fully extend to/through Longpoint.
- Step behind the cut and “shadow” your sword.

Simple Parries



“If you are forced to parry by your opponent’s power and onrush, ... free yourself with back-stepping, and ... recover the initiative.”

Simple parry zones:

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

Notes:

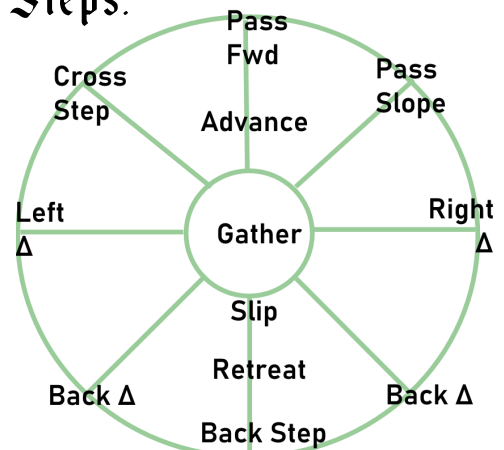
- Use the long edge and the strong.
- Slip or Triangle step with the parry to remove the threatened quarter.
- Fit the posture to the parry.
- Riposte Indes with the point or short edge.

Steps

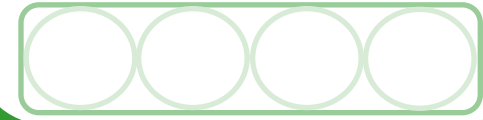


“Whoever first steps after the cuts should not rejoice much of his skill. Therefore each stroke must have its own step, which shall take place at the same time as the stroke.”

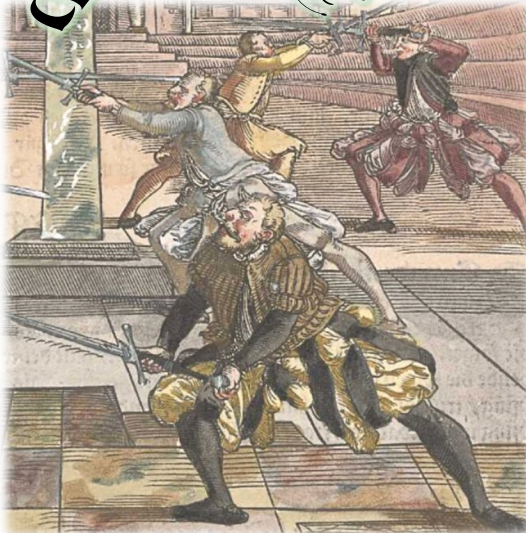
Steps:



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



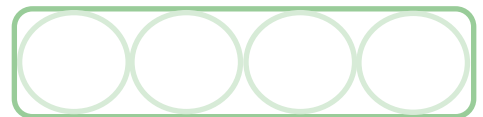
Guards or Stances



“No posture will come to you that is so good; in the After you will hit him with free mettle.”

Name and form the Guards:

- Primary: Tag (Day), Ochs (Ox), Pflug (Plough), Olber (Fool), & Langort (Longpoint).
- Secondary: Zornhut (Wrath), Wechselhut (Change), Nebenhut (Near), Schrankhut (Crossed), Mittelhut (Middle), Einhorn (Unicorn), Schlusel (Key), Schnitt (Slice), Hengentort (Hanging).



Purpose of the Guards:

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

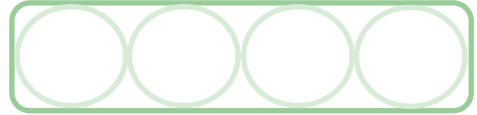
Thrusts



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

Three Thrusts:

- High (Oberstich) from Ox.
- Low (Unterstich) from Plough
- Straight (Gerade) from Key.



Thrust principles:

- Thrust directly and turn the body, punch the pommel forward.
- Turn the point into the quarter they are occupying, and the long edge into the bind.
- The Straight thrust does not set aside; step well or wind after.

The Sword

- 1: Pommel
- 2: Handle/grip
- 3: Cross/Quillon
- 4: Flat
- 5: Strong
- 6: Weak
- 7: Point
- 8: Shield

Long edge = forward

Short edge = back

Quarters of sword:

- Grip/haft:
- Strong
- Middle
- Weak

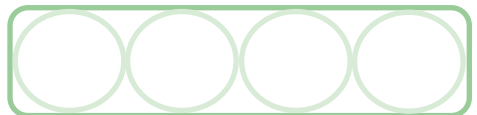


Parts of the Sword & Uses:

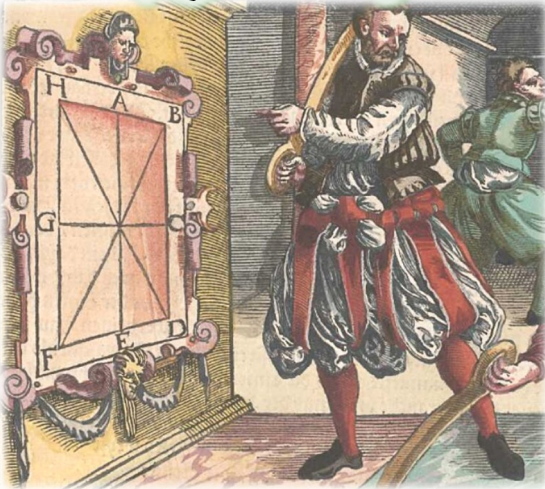
- Grip/haft: for running in, wrestling, grappling, casting, and other work.
- Strong: useful for slicing, winding, and pressing.
- Midpart: for work according to the opportunity.
- Weak: for changing through, flicking, slinging, and such things executed at a distance.

Handling the Sword:

- Front hand controls the direction, back hand creates movement.
- “Tennis grip” applies force through the edge.
- Dynamic gripping and transition to “thumb grip”.



Training



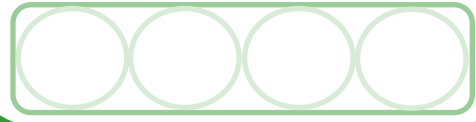
“A combatant shall conduct himself properly, not be a boaster, gamer, or drunkard, and also not swear or blaspheme, and shall not be ashamed to learn.”

Consider Others:

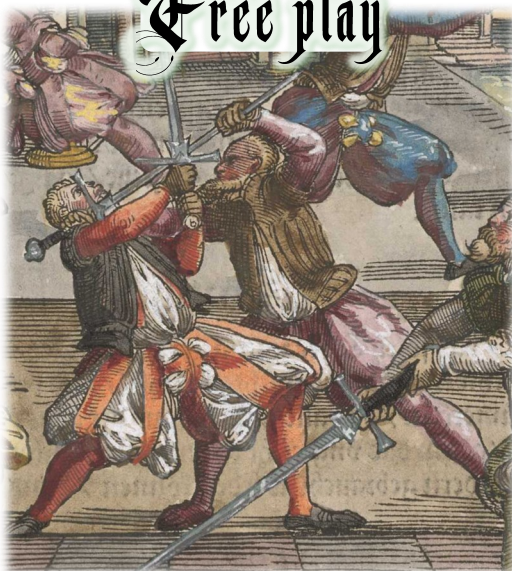
- Know your Club rules, Code of Conduct and Safety standards.
- Remember the Windsor rule: “Everyone ends training healthier than they started.”

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



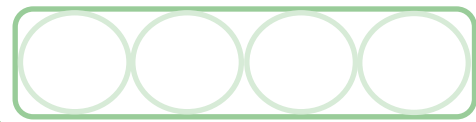
“And indeed the true art and Craft is found here above all ... since here the art depends upon the person.”

Know and apply:

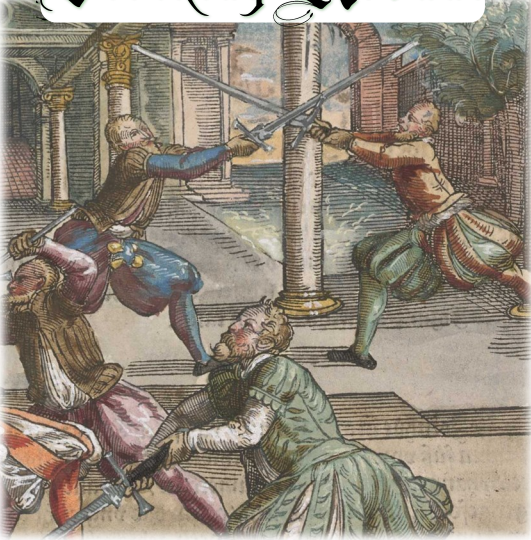
- Free play Rules: beginning and halting play, acknowledging hits.
- Types of Free play: Conversation-al, Earnest & Competitive play.
- Use appropriate safety gear.

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.



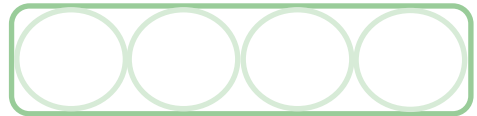
Striking Around



“It is called striking around with the sword when ... you strike around or flick to the other side.”

Striking around:

- Cross (Kreutz): strike wrath to both high openings with a double passing step.
- Winging (Flugel): strike low to both low openings, with a double passing step. Pull through Einhorn.
- Change (Wechsel): striking to diagonally opposite quarters.
- High <--> Low: Strike high and low openings on same side, stepping out in a triangle.



Driving the Thrust

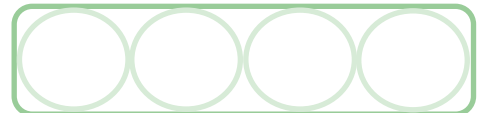


“When you stand in the Wrath, and an opponent cuts at you.. then cut on it with the long edge from above, and shoot your point on his sword in at his face; with this, go up with your hands, and attack to the nearest opening.”

Cut into Thrust/Zornhau:

*“Who strikes at you above;
Zornhau threatens with the point.”*

- Cut the point into centre, and drive in the point.
- Cut & wind against their counter.
- Abschlagen if they are hard.
- Remember Timing and Feeling.



Thrust into Cut:

- Driving thrust to face and strike around (abschlagen).
- Wind in against counter-attack.



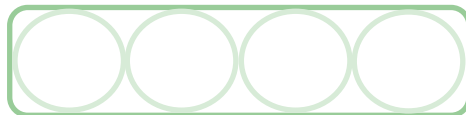
Four Openings



“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



“You shall not cut to the body until you have made yourself safe with parrying, not only {to strike}, but so that you can recover ... without harm.”

Countercuts & Taking out

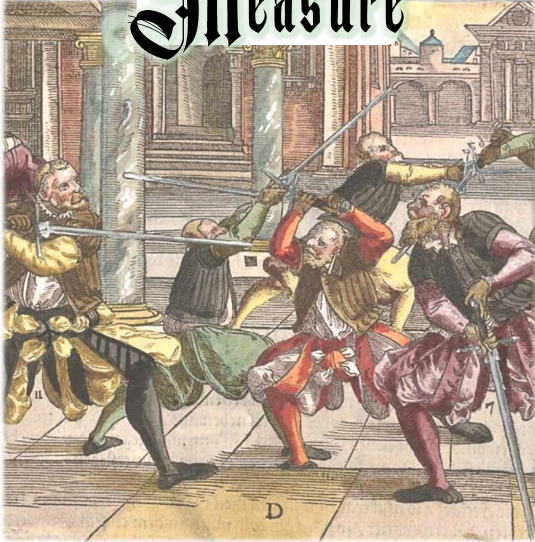
- Suppressing (Demffen): Cut High to the slice, delivering beat.
- Taking out with the Short (Ausnehmen kurze): slash up with short edge beat.
- Counter-cut (Gegenhauw): cut over them, strong to strong.



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.

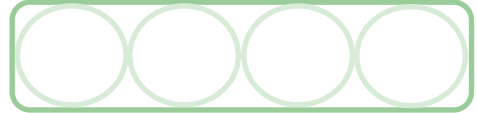
Measure



“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 Hand-works & winding. Do not leave the bind without opportunity.
- Ringen: Strong <--> Strong. For grips and wrestling.

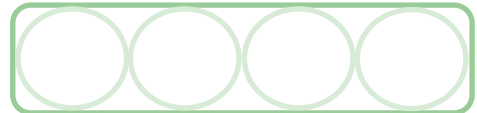
Hanging and Running off



“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”

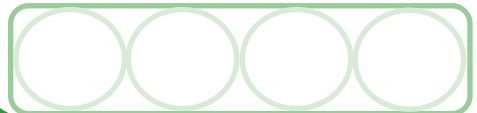
Hanging (Hengen):

- Catch with the strong; meet high, to avoid over-running.
- Step in triangle to the side.
- Yield and snap around if hard.
- Wind and hit if blade collected.

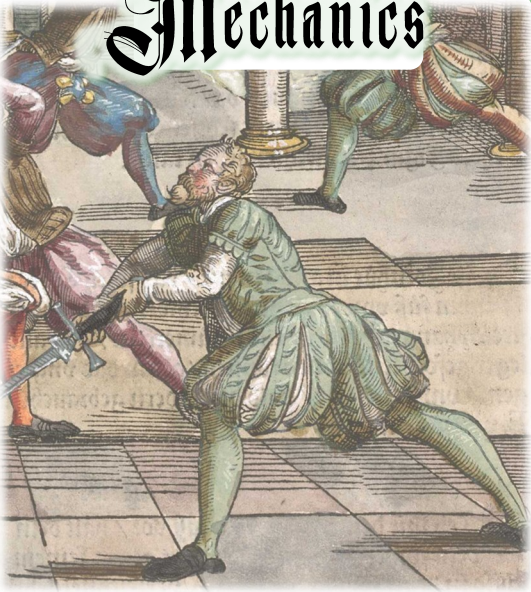


Running off (Ablaffen):

- Roll into Hengen after a cut, turning short edge away.
- Recovers, chambers a new blow.
- Extends into circular deceptions. (failing, circle).



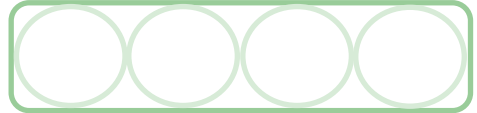
Mechanics



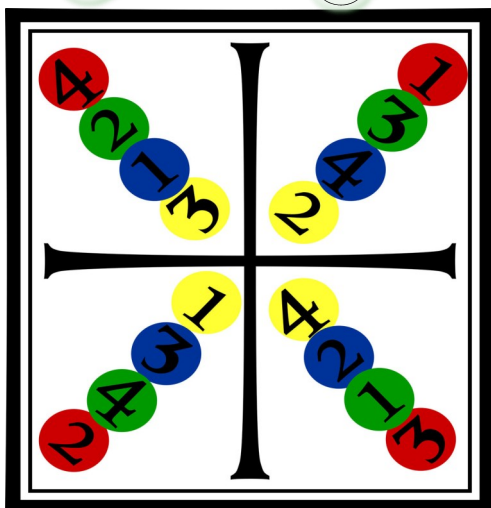
“The postures are a graceful but also necessary comportment of the whole body with the sword.”

Mechanics & Posture

- Maintain knightly posture; shoulders and back straight, chin up, hips and core engaged.
- Shoulders stay neutral, not raised up or hunched forward.
- Engage the whole body, turning shoulders and hips to power strikes.
- 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.



4 Quarters Drill



“And learn to execute all this in the work first with the long edge, then with the short edge, and lastly with the flat.”

Basic pattern:

- Strike Wrath for upper quarters & Low for lower quarters
- Follow the numbers and colours. E.g. Red = Wrath R, Low L, Low R, Wrath L.
- Full cuts: cut through target.
- Half cuts: ends in centre.



Variations/Extension:

- Vary the angle (High or Wrath, Middle or Low).
- Practise with Long edge, Short edge, and Flat.
- Add new techniques into the sequence.

Neuling 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 ☐

Skills assessment

- Unrehearsed combos ☐
- Prepared card ☐
- Unprepared card ☐