

Name: _____

Date Joined: _____

MEMAG LONGSWORD LEHRLING SYLLABUS (168 Techniques)

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"

**“Young knight, learn
To have love for God, honour for women.
So grows thine honour
By knighthood. And learn
Art that dignifies you,
And in wars to honor courts.”**

- [] 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
- [] Oath of Martial Ethics ()
 - “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 nyssen, Niclas preußen
- [] A Fencer’s Morals ()
 -“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
- [] The definition of Combat from 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
- [] Knightly Attributes ()

**“Wrestle well, grasp
 Glaive, spear, sword and knife
 Manfully apply,
 And in other’s hands ruin.”**

- [] 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
- [] 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.

**“Hew in and hard there;
 Rush in, hit or let drive.
 So that you are by the wise
 Envied, which sees you praise.
 There on you grasp,
 All Art has Length and Measure.”**

- [] 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” (6)

**”Will you Art behold,
You go left, and right with Hews,
And left with right,
Is that you strongly want to fight.
Who goes after Hews,
May rejoice little in his Art.
Hew near what you will,
No changer will come on your shield.
To the head, to the body
The Tag-Hits do not shun.
With the entire body,
To fight is what you strongly want to drive.
Hear what is bad there,
Fight not above left if you are right;
And if you are left,
On the right you also amply limp.”**

- [] 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.
- [] [] Oberhau ()
- [] [] Zornhau ()
- [] [] Mittelhau ()
- [] [] 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.
- [] [] Zeckrür to the arms [VD-11R] ()
 - A light quick blow
- [] [] Strike below to the body and withdraw [VD-11R] ()
 - Against a high parry
- [] *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

**“Before and After, these two things,
 Are to all Art a well-spring.
 Weak and Strong,
 In-of: that word, do with note.
 So you may learn
 With Art, to work and oppose.”**

- [] Vor/Vorschlag (Before) ()
 - The Initiative.
 - Always strive for the before
 - First attack in a series of attacks.
- [] Nach/Nachschlag (After) ()
 - The Response.
 - Wait for the after if you must
 - Following attacks in a series.
- [] Schwach/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

**“He frightens you readily:
 No fighting ever learn.”**

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

**“Five Hews learn
From the right hand, oppose the opposition.
Then we vow
In Arts readily to reward.”**

- [] The Five Hews ()
 - Used at the beginning of the fight
 - From which come many Masterful Pieces
- [] Paired drills from within this section (minimum of 50 repetitions) – feeling/memorization ()
- [] Random techniques from within this section - application ()

Das Ist der text “This is the text”

**”Wrath hew, Crooked, Thwart,
Has Squinter with Parter,
Fool, For-set,
After-Travel, Over-Run, Hews-Set,
Through-Change, Pull,
Through-Run, Off-Slice, Press-Hands,
Hang, Wind, with Openings;
Strike, Grab, Strike, Stab with Thrusts.”**

- [] The main parts of Liechtenauer’s System

Der Zornhau “The Wrath-Hew” (10)

**“Who hews you above,
Wrath-Hew point threatens him,”**

- [] [] Lang Zornort [VD-13R] ()
 - On top of their blade
 - without displacement
 - brace the arms
 - shoot the point
- [] [] Counter with Geschrencktort [T’67-4] ()
 - raise hilt, drop point
 - hew or stab on the same plane

**“Becomes he aware of it:
Take above off without fear.”**

- [] [] Abnehmen [VD-13V] ()
 - along his blade
- [] [] Counter-bind [VD-13V] ()
 - bind at his head with hands not too high

**“Be stronger against.
Wind, Stab. Sees he it, take it down.”**

- [] [] Winden on the Right [3227a, Kal] ()
 - hands first
- [] [] Nidernehmen [3227a, Kal] ()
 - only drop the point
- [] [] Oberhau to the legs [3227a] ()
 - step behind him
- [] [] Zornort [VD-13V] ()

- [] [] Nidernehmen [VD-14R] ()
-against strong pressure with the point offline
-stay ahead of his sword

**“This even mark: Hew, Stab, Laying, Soft or Hard,
In-of, and Before, After.
Your war should not be in haste,
Who the war tends above,
Below becomes he ashamed.”**

- [] Fühlen ()
- [] Frequens Motus ()
-He who is still is dead, he who moves lives.
-Always keep the opponent on the defensive.
- [] [] Above and Below to both sides [VD-14V] ()
-keep him defensive, stay ahead, do not skip an opening

**“In all Winding
Hew, Stab, Slice, Learn to find.
Also shall you with
Proof Hew, Stab or Slice:
In all hits.
Then masters will you equal.”**

- [] The three wounders ()
-Three ways of injuring the opponent from the winding
- Hew, Stab, and Slice.
-Do the right one in the right situation.
- [] Paired drills from within this section (minimum of 50 repetitions) ()
- [] Random techniques from within the this section ()
- [] Random techniques from within this and previous sections ()

Die Vier Blossen “The Four Openings” (2)

**“Four openings know,
Aim, so hit you surely,
Without all fear,
Without Doubt how he acts.”**

- [] Vier Blossen ()
-Above and below the belt to either side.
- [] Anatomy in German ()
-Leib -Kopf/Haupt -Gesicht –Ohr –Ougen -Nase –Maul -Hals/Kel/Nacken –Achsel -Urgssen
-Armen -Elbogen -Gelenck –Hand –Feust –Dawmen –Finger –Brust –Rucken –Bauch -Hufft
-Gemacht/Hoden -Bein –Kniepug –Shenkel –Ankel –Fuess
- [] *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
- [] [] Zornhau in the Vor and Umbschlagen [Wallerstein] ()
- [] [] Counter with Nach (12) [Wallerstein] ()
- [] Paired drills from within this section (minimum of 50 repetitions) ()
- [] Random techniques from within this and previous sections ()

Die Vier Blossen zu Brechen “To Break The Four Openings” (4)

**“Will you avenge:
The four openings artfully break.
Above Double.”**

- Duplieren [VD-16R] ()
- Counter with Zulegen (Eekomen) [Wallerstein] ()

**“Below correctly transmute.
I say truthfully:
No one protects himself without danger,
You have the before-named:
To hits may he barely come.”**

- Mutieren [VD-16V] ()
- Counter with Hangen Ort [Lecküchner] ()
- Paired drills from within this section (minimum of 50 repetitions) ()
- Random techniques from within this section ()
- Random techniques from within this and previous sections ()

Der Krumphau “The Crooked-Hew” (8)

**“Crooked on Nimble,
Throw your point on the hands.
Crooked who well displaces,
With stepping, will hew last.”**

- To the hands [VD-17R] ()
- Using Schranckhut [VD-17R] ()

**“Hew crooked to flats,
The masters will you weaken.
When it clashes above
So stand off that will I praise.”**

- Wind to the left after hitting the blade [VD-17V] ()
- Hew to the head after hitting the blade [VD-17V] ()

**“Crooked not, Hew short,
Changing-Through you with show.”**

- Hew short and change through [VD-18R] ()

**“Who Crooked you astray
The Noble War him before confuses;
That he will not know
Where he can be without danger.”**

- Counter the Krumphau by winding left and the Noble War [VD-17R] ()
- Counter the Krumphau with the long point [R-26V] ()
- Follow with Winden and follow with the Noble War [R-27R] ()
- Paired drills from within this section (minimum of 50 repetitions)
- Random techniques from within the Krumphau section
- Random techniques from within this and previous sections

Der Zwerchhau “The Thwart-Hew” (20)

“The Thwart takes What From the Roof comes.”

- [] [] Against an Oberhau [VD-18V] ()
- [] [] Counter with Zornhau [R-52V] ()

“Thwart with the strong. Your work there with mark.”

- [] [] Mutieren [VD-20V] ()
- [] [] Throw [VD-20V] ()
- [] [] Counter with schnappen [VD-20V] ()
- [] [] Counter with arm wrap and groin stab [VS-22V] ()
- [] [] Duplieren [VD-20R] ()
- [] [] Hook and Zwerchhau [VD-20R] ()
- [] [] Counter with a high Zwerchhau [VD-19V] ()
- [] [] Counter his counter by falling on the blade [R-53R] ()
- [] [] Counter with a slice to the hands [VD-19V] ()
- [] [] Countered by duplieren [VD-12V] ()
- [] [] Countered by Winden (Eekomen) [VD-20R] ()
- [] [] Unterschnitt when he rushes in [22V] ()

“Thwart to the Plow; To the Ox, hard joined. What you well Thwart, With springing the head endangers.”

- [] [] High and Low to both sides [VD-21R] ()
- [] [] Counter with a low Zwerchhau [VD-21V] ()

“Who drives the Failer, From below touches after his wish.”

- [] [] Fehler [VD-22R] ()

“The Inverter forces a Running-Through also with wrestling, The elbow knowingly take, spring into the Balance.”

- [] [] Verkehrer [VD-22R] ()

“Failer Twofold, Hit the man, then with the slice make Twofold, further on, Step to the left and do not be slow.”

- [] [] Double Failer [VD-22V] ()
- [] [] Counter his failers with the sprechfenster and search for the openings [General] ()
- [] Paired drills from within this section (minimum of 50 repetitions) ()
- [] Random techniques from within the Zwerchhau section ()
- [] Random techniques from within this and previous sections ()

Der Schielhau “The Squinting-Hew” (6)

“Squinter one breaks

What buffalo strikes or stabs.

- Against an Oberhau [VD-23V] ()
- Counter with Durchwecheln to the other side [VD-24R] ()

**“Who threatens to change,
Squinter there robs from him.”**

- Remain with the point [VD-24R] ()

**“He Squints short on you,
Changing-Through defeats him on.”**

- Durchwecheln against a shortened sword [VD-24R] ()

**“Squint to the point,
And take the throat without fear.”**

- Look to the point but take the throat [VD-24V] ()

**“Squint to the head above,
Hands will you damage.”**

- Look to the head but hew to the hands [VD-24V] ()
- Paired drills from within this section (minimum of 50 repetitions) ()
- Random techniques from within the Schielhau section ()
- Random techniques from within this and previous sections ()

Der Scheitelhau “The Part-Hew” (5)

“The Parter is a danger to the face.”

- When his sword is low [VD-25R] ()
- Hew and stab over Kron [VD-24R] ()

**“With its turn
Very dangerous to the breast.”**

- Wind under Kron [VD-24R] ()

**“What comes from him,
The Crown that off-takes.”**

- Use Kron to counter [VD-24R] ()

**“Slice through the Crown,
So break-you him hard anyway.
The strikes press,
With slicing you pull off.”**

- Slice against someone rushing in and press the hands [VD-24R] ()
- Random techniques from within the Scheitelhau section ()
- Paired drills from within this section (minimum of 50 repetitions) ()
- Random techniques from within this and previous sections ()

Die Vier Leger “Four Lavings” (10)

**“Four guards alone
There from hold, and distain the common.
Ox, Plow, Fool,
From Roof, are not unknown to you.”**

- [] 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
- [] Ochs [VD-25V] ()
- [] Pflug [VD-25V] ()
- [] Alber [VD-26R] ()
- [] vom Tag [VD-26R] ()
- [] *Free transitioning through the guards on both sides Solo Drill (80 Transitions)*
- [] High Guards attack first, defend second ()
- [] Low Guards defend first, attack second ()
- [] Paired drills from within this section (minimum of 50 repetitions) ()
- [] Random techniques from within this and previous sections ()

Die Vier Versetzen “The Four For-Settings” (13)

**“Four are For-settings
That the layings also sorely injure.
Before for-setting guard yourself.
Happens that, it also troubles you greatly.”**

- [] Vier Versetzen ()
 - Attacks which break the four Guards safely
- [] [] Krumphau to Ochs (to the hands, blade, and short) [VD-26R] ()
- [] [] Zwerchhau to vom Tag [VD-26V] ()
- [] [] Schielhau to Pflug and Langenort [VD-26V] ()
- [] [] Scheitelhau to Alber [VD-26V] ()

**“If you for-set are,
And how that there is come,
Hear what I you advise:
Wrench off, hew quickly with surprise.”**

- [] Good and bad displacing [VD-26V] ()
- [] [] Tearing over the blade [VD-27R] ()
- [] [] Wrench over his hands with the pommel and hew him above ()
- [] [] Schnappen ()

**“Set on four ends
Learn to remain there on, will you end.”**

- [] Vier Ansetzen ()
- [] *Stechen Solo Drill*
 - 50 oberstechen alternating sides
 - 50 unterstechen alternating sides
- [] [] Against Right Oberhau or Right Unterstich ()
- [] [] Against Left Oberhau ()
- [] [] Against Right Unterhau ()
- [] [] Against Left Unterhau ()
- [] Paired drills from within this section (minimum of 50 repetitions) ()

- Random techniques from within the Versetzen section ()
- Random techniques from within this and previous sections ()

Von Nachreisen “Of After-Traveling” (9)

**“After-Traveling learn,
Twofold or slice in the weapon.”**

- Nachreisen ()
 - Attacking the opponent when he his moving his sword away from you
- Hew when he pulls up to hew ()
- Stab when he pulls back to stab ()
- Slice when he pulls back ()

**“Two Outside Mindings,
The work thereafter begins,
And test the drivings,
If they are Soft or Hard,
The feeling learn,
In-of, that word slices sorely.”**

- First outside taking (four ways) ()
- Second outside taking ()
- Indes/Fuhlen ()

**“After-Travel twice
Hit the man, then Old Slice with power.”**

- The Old Slice ()
- Paired drills from within this section (minimum of 50 repetitions) ()
- Random techniques from within the Nachreisen section ()
- Random techniques from within this and previous sections ()

Von Überlaufen “Of Over-running” (10)

**“Who hits below,
Over-run then he becomes ashamed.”**

- Überlaufen ()
 - Getting on top
 - A straight line from the shoulder
- Against a low hew, hew high ()
- Against a low stab, on-set high ()

**“When it clashes above,
So strengthen that I praise entirely.
Your work make,
Or press hard two-fold.”**

- Gewauppet ort ()
- Counter with Oberschnitt and Ansetzen with halbschwert ()
- Pommel stoss ()
- Throw with the half-sword if he displaces ()
- Oberhau, wind, fall over his sword with both arms and stab to the stomach ()
- Schiehau, Inside ()
- Mortschlag if he displaces ()

- Throw over shoulder if he displaces ()
- Paired drills from within this section (minimum of 50 repetitions) ()
- Random techniques from within the Oberlaufen section ()
- Random techniques from within this and previous sections ()

Von Absetzen “Of Off-Setting” (6)

**“Learn Off-Setting,
Hew, Stab, Artfully injure.
Who on you stabs
Your point hits, and his breaks.
From both sides
Hit, all times will you step.”**

- Absetzen ()
 - Defending while keeping the point online
- From right Pflug against a stab ()
- From right Pflug against a hew ()
- Counter by attacking below to the arms ()
- From right Vom Tag into Ochs against a hew ()
- From right Wechsel into Pflug against a stab ()
- From left Pflug against a hew ()
- Paired drills from within this section (minimum of 50 repetitions) ()
- Random techniques from within the Absetzen section ()
- Random techniques from within this and previous sections ()

Von Durchwecheln “Of Through-Changing” (3)

**“Changing-Through learn,
From both sides, Stab with violence,
Who on you binds,
Changing-Through he quickly finds.”**

- Durchwecheln ()
 - Dropping your point under their blade to attack an opening on the other side
- Against a strike near your point ()
- Change through again ()
- Against a bad displacement or one who fights short ()
- From Langenort ()
- Paired drills from within this section (minimum of 50 repetitions) ()
- Random techniques from within the Durchwecheln section ()
- Random techniques from within this and previous sections ()

Von Zucken “Of Pulling” (3)

**“Step near in binding
The pulling gives good findings
Pull, he hits, pull more.
Work to find what does him wounds.
Pull all hits,
The Masters will you equal.”**

- Zucken ()
 - Pulling your blade back and to the other side of theirs to attack the other opening
- To the other side ()
- To the same side ()

- Duplieren if he displaces again ()
- Paired drills from within this section (minimum of 50 repetitions) ()
- Random techniques from within the Zucken section ()
- Random techniques from within this and previous sections

Von Durchlaufen “Of Through-Running” (25)

**“Through-run let hang,
With your pommel, grip will-you wrestle.
Who against you is strong,
Through-run there with mark.”**

- 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
- Back over right leg ()
- Forward over right leg ()
- Back over left leg ()
- Forward over left leg ()
- Grab with left and hew to the neck ()
- Back over right foot with sword arm ()
- Pommel stoss to the face from the side ()
- Pommel stoss to the face between the arms ()
- Counter by falling down with the pommel ()
- Figure Four ()
- Arm bar ()
- Elbow push ()
- Step in the stomach ()
- Schwertnehmen row ()
- Counter ()
- Grab under his hand to the pommel with the left ()
- Grab over his hands to the grip with the left ()
- Pommel knock with right hand and Schwertnehmen ()
- Pommel knock with left hand and Schwertnehmen ()
- Fall in both legs ()
- Lower key lock after dropping the sword ()
- First Hip Wrestling ()
- Second Hip Wrestling ()
- Third Hip Wrestling ()
- Fourth Hip Wrestling ()
- Paired drills from within this section (minimum of 50 repetitions) ()
- Random techniques from within the Durchlaufen section ()
- Random techniques from within this and previous sections ()

Von Abschneiden “Of Off-Slicing” (8)

**“Slice off the hard ones,
From below in both drivings.”**

- [] Abschneiden ()
 - Slicing to prevent an attack or as an attack
- [] [] Sperren ()
- [] [] Schnappen ()
- [] [] Counter with slice and stab to the chest ()

**“Four are the slices, two below,
With two above.”**

- [] [] Four slices ()
- [] [] Counter his unterschmitt by falling on his blade ()
- [] Paired drills from within this section (minimum of 50 repetitions) ()
- [] Random techniques from within the Abschneiden section ()
- [] Random techniques from within this and previous sections ()

Of Hende Drucken “Of Hand-Pressing” (1)

**“Your edge turn
To the flats press the hands.”**

- [] Hende Drucken ()
 - Pressing the hands to free yourself after a slice
- [] [] From below to above ()
- [] Paired drills from within this section (minimum of 50 repetitions) ()
- [] Random techniques from within this and previous sections ()

Von Zwei Hangen “Of Two Hangings” (1)

**“Two hangings there are
Out of each hand from the earth.
In all driving
Hew, Stab, Laying, Soft or Hard.”**

- [] Zwei Hangen ()
 - Two hangings of the sword
- [] [] Lower and upper left ()

Von Sprechfenster “Of Speaking-Window” (10)

**“Speaking-Window make.
Stand freely, see his matter.
Strike in that he snaps.
Who himself before you pulls off,
I say to you truthfully,
No one protects himself without danger.
You having heard this,
To no strikes may he come.”**

- [] 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 Zucken ()
- [] [] Duplieren if he remains ()
- [] Sprechfenster in the Zufechten ()
- [] [] Absetzen ()

- Durchwechsell ()
- Schnappen ()
- Durchlaufen or Unterschnitt ()
- Paired drills from within this section (minimum of 50 repetitions) ()
- Random techniques from within the Hangen section ()
- Random techniques from within this and previous sections ()

Das ist die beschliessung der zedel "This is the conclusion of the Zettel" (4)

**“Who well drives and correctly breaks,
 And finally completely accounts,
 And breaks particularly
 Each into three wounders.
 Who correctly well hangs
 And winds there with brings
 And Eight Windings,
 With correctness concerning consideration.
 And each one of
 Those same winds I consider to be triple,
 So are they twenty
 And four, count them only
 From both sides.
 Eight Windings learn with stepping,
 And proof the driving,
 Not more, only soft or hard.”**

- Winding ()
- 8 windings ()
- 24 techniques ()
- Paired drills from within this section (minimum of 50 repetitions) ()
- Random techniques from within the Winden section ()
- Random techniques from within this and previous sections ()

Notstücke "Necessary Technique" (1)

- Unarmed throw against an attack from above (T) ()
- Paired drills from within this section (minimum of 50 repetitions) ()
- Random techniques from within this and previous sections ()

Ziehen "Drawing" (1)

- Absetzen ()
- Paired drills from within this section (minimum of 50 repetitions) ()
- Random techniques from within this and previous sections ()

Gegen andere Waffen "Against other Weapons" (1)

- Mit dem schwert für den Schlag mit dem spieß ()
- Paired drills from within this section (minimum of 50 repetitions) ()
- Random techniques from within this and previous sections ()

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) ()

Testing

Testing Date(s): _____

Member of MEMAG for At Least One Year

All required criteria met

All techniques in paired drills

Random Encounters (50)

Sparring Matches Won (30)

