

## MEMAG RINGEN BASIC LEVEL TEST (119 Techniques)

### Introduction

- [ ] History of the Art
- [ ] Essential Equipment
- [ ] Safety
- [ ] Training
- [ ] If you frighten easily, no fencing should you learn

### General Lessons

- [ ] Eyes of a Falcon
- [ ] Heart of a Lion
- [ ] Feet of a Hind
- [ ] Eye contact
- [ ] Breathing
- [ ] Stance (Wag)
- [ ] The first lesson (Strength, Measure, Quickness)
- [ ] The second lesson (S vs. W in Vor, M vs. E in Indes, Q vs. S in Nach)
- [ ] The third lesson (overcoming a stronger man)
- [ ] The weak can beat the strong in earnest, but not in friendly competition
- [ ] Phases of the Fight

### Leger (4)

- [ ] Fryen (1) - T
- [ ] Bauch (2) - W
- [ ] Eisen Pfort (3) - Wu
- [ ] Vom Tag (4) - T
- [ ] Paired drills from within this section
- [ ] Random techniques from within this section

### Leg Lift (3)

- [ ] Long Arms and Equal Hold (Clinch)
- [ ] Leg Lift (1) - W31
- [ ] Counter with stoss (2) – W32
- [ ] Counter with a throw with the leg (3) – W33
- [ ] Paired drills from within this section
- [ ] Random techniques from within this section

### Twirch Plays (15)

- [ ] 1<sup>st</sup> Twirch (1) – W34
- [ ] Counter (2) – W35
- [ ] 2<sup>nd</sup> Twirch (3) – W38
- [ ] Counter (4) – W39
- [ ] 3<sup>rd</sup> Twirch (5) – W36
- [ ] Counter (6) – W37
- [ ] 4<sup>th</sup> Twirch (7) – W40
- [ ] Follow-up (8) – W65
- [ ] 5<sup>th</sup> Twirch (9) – W66
- [ ] Counter (10) – W67
- [ ] 6<sup>th</sup> Twirch (11) – W68
- [ ] Follow-up (12) – W69

- [ ] 7<sup>th</sup> Twirch (13) – W70
- [ ] Counter (14) – WIT
- [ ] Follow-up (15) – W71
- [ ] Paired drills from within this section
- [ ] Random techniques from within this section

### **Shooting and Sprawling (5)**

- [ ] Fireman's throw (1) – W72
- [ ] Sprawl (2) – W73
- [ ] Twist out of Sprawl (3) – W74
- [ ] Uffsten over head to counter Sprawl (4) – W75
- [ ] Arm break over the left shoulder to counter Sprawl (5) – W76
- [ ] Paired drills from within this section
- [ ] Random techniques from within this section

### **Arm Breaks and Throws (4)**

- [ ] Running-through and turn then arm-break over the left shoulder (1) – W77
- [ ] Hip throw by the arm (2) – W78
- [ ] Counter by grabbing the testicles (3) – W79
- [ ] Swing right to break his arm (4) – W80
- [ ] Paired drills from within this section
- [ ] Random techniques from within this section

### **Running To (3)**

- [ ] Knave Wrestling (1) – W81
- [ ] Double leg takedown (Rhino) (2) – W83
- [ ] Stoss him over the left knee with the right hand (3) – W84
- [ ] Paired drills from within this section
- [ ] Random techniques from within this section

### **Gleichs Fassen (9)**

- [ ] Lifting, slamming to the ground, throwing, running around, and squeezing from Gleichs fassen if you are stronger (1) - WIT
- [ ] Throw with no hands (2) – W82
- [ ] Counter with Uffsten (3) – W85
- [ ] Grasp his jaw with left, hip-throw him through his arm with right (Ringeck's third) (4) – W86
- [ ] Trap his arm behind back under left, swing right to break (5) – W87
- [ ] Grasp jaw with left, right leg with right, left foot forward, throw (Ringeck's first) (6) – W88
- [ ] If he presses his head against your chest so you can't get his jaw, sun-pointer his nose (7) – W89
- [ ] Hang on to his right arm with your shoulder on his chest, then grab his foot to throw (8) – W90
- [ ] Grab his right leg with both hands, step outside with left, throw back (Kal's fourth) (9) – W91
- [ ] Paired drills from within this section
- [ ] Random techniques from within this section

### **Hacken (9)**

- [ ] Hacken position with right foot against a strong man and hip throw (1) – W92
- [ ] Hecklen to throw him backwards with the left to counter (2) – W93
- [ ] If he has grabbed your off hand to hip throw you, push his nose back to counter (3) – W94
- [ ] Hacken (Hecklin) with left from arms (4) – W95
- [ ] Counter by stepping on left foot with right and shoving backwards (5) – W96

- [ ] If he has grabbed your off hand to hip throw you, Ringeck's third ringen with the left (6) – W97
- [ ] Attempt Hacken, step in front, grab left leg and neck to throw over back (7) – W98
- [ ] Counter by lifting right leg with right, and grabbing right shoulder with left to throw (8) – W99
- [ ] Counter his counter by locking hands in front of chest and spinning him to confusion (9) – W100
- [ ] Paired drills from within this section
- [ ] Random techniques from within this section

### **Double Under-hooks (from front) (9)**

- [ ] Lifting, slamming to the ground, throwing, running around, and squeezing from under-hooks if you are stronger (1) - WIT
- [ ] Counter his double under-hooks with the hacken and a hip throw (2) – W101
- [ ] Against a lift, left hand with fingers in eyes and thumb under nose (3) – W102
- [ ] Counter by putting your left knee outside and pushing his elbow to the left (4) – W103
- [ ] Counter his counter: pull right knee away, turn around, grab left leg with both hands, step with left foot behind right to throw backwards (5) – W104
- [ ] Against a lift, grab his head with both hands and push it back and down (6) – W105
- [ ] Encircle both his arms with yours and fist him in the stomach, then throw him (7) – W106
- [ ] Sun pointer at nose with left and right heel hooking his left from outside (8) – W107
- [ ] Against double under-hooks, grasp his collar and stab his tri-hole with your finger (9) – W121
- [ ] Paired drills from within this section
- [ ] Random techniques from within this section

### **Jacket Wrestling (6)**

- [ ] Throwing by the jacket (1) - WIT
- [ ] He holds your jacket at the hips, push his elbow from inside, pull back to create space between you, wrap right arm over his left, lock hands and pull up to break (2) – W108
- [ ] He holds collar with left and jacket bottom with right, lower key lock with right (3) – W109
- [ ] He holds collar with left and jacket bottom with right, clasp hands around right and lift (4) – W110
- [ ] He holds collar with both and pulls down, hug his arm with both to chest, throw right (5) – W111
- [ ] He holds collar with left, grab right to elbow, left to wrist, stretch arm, stoss elbow (6) – W112
- [ ] Paired drills from within this section
- [ ] Random techniques from within this section

### **Double Under-hooks (from behind) (9)**

- [ ] Throwing from behind under the arms (1) - WIT
- [ ] Counter by throwing by the head (2) – W113
- [ ] Counter his counter by pulling him back by the arms (3) – W114
- [ ] Counter by picking up the leg (4) – W115
- [ ] Counter his counter by shoving him forward (5) – W116
- [ ] Counter by throwing him back over the leg (1<sup>st</sup> twirch) (6) – W117
- [ ] Counter by breaking his thumb or finger (7) – W118
- [ ] Counter his counter by breaking his right arm over the left shoulder (8) – W119
- [ ] Counter by pulling back and putting your foot in his back (9) – W120
- [ ] Paired drills from within this section
- [ ] Random techniques from within this section

### **Holds over the arms (2)**

- [ ] Knee his groin when he holds you over the arms facing towards him (1) – W122
- [ ] Grab his groin with the left when he holds you over the arms from behind (2) – W123
- [ ] Paired drills from within this section
- [ ] Random techniques from within this section

### **Grabs on the collar from behind (3)**

- [ ] He grabs your collar with left from behind, turn, put right elbow over his arm, grab his wrist with left, step in front with right (1) – W124
- [ ] He grabs your collar with left from behind, turn around to the left, grab his forward leg and head-butt his stomach (2) – W125
- [ ] He grabs your collar with left from behind, put right arm over his arm, brace with left, and stoss down so he lets go (3) – W126
- [ ] Paired drills from within this section
- [ ] Random techniques from within this section

### **Krieg (23)**

- [ ] Mordstossen (Punches, Hammer-Fists, Pankration Strike, Chops, Palm-strikes, Thumb Strikes, Elbows, Head-butts, Knees, Kicks, Stomps) (1-11) – WIT and Elsewhere
- [ ] From Bauch, slap out his Mordstoss with right hand to the left (12) – W127
- [ ] Slap out his Mordstoss with right, force hand to hip, step behind with right, throw back (13) – W128
- [ ] Slap out his Mordstoss with left to right, step behind with left, throw back (14) – W129
- [ ] Grab his wrist when he chops with right, stoss elbow with left to break (15) – W130
- [ ] Catch and wrap Mordstoss with left arm, punch him in stomach with right (16) – W131
- [ ] Duck, catch throat with left, punch with right or lift forward (right) leg to throw (17) – W132
- [ ] Mordstoss with both hands at his head, knee his groin with the left (18) – W133
- [ ] Kick him in the stomach when he tries to stoss you from above (19) – W134
- [ ] Catch chop at wrist with inverted left, grab elbow with right, wrench to break (20) – W135
- [ ] Arm bar and throw in face against chop (21) – W136
- [ ] Catch chop with inverted right, one-over-one-under figure four, step behind with right (22) – W137
- [ ] Catch chop to jaw with straight right forearm, stoss with inverted left in right armpit to throw (23) – W138
- [ ] Paired drills from within this section
- [ ] Random techniques from within this section

### **Rough (4)**

- [ ] If he gives you a bad word, pretend to palm his ear, step left knee behind right, he falls (1) – W139
- [ ] Grasp his hair with right, punch his teeth with left (2) – W140
- [ ] You can't punch him, grab palm with left, push up elbow with right to free yourself (3) – W141
- [ ] Continue by putting him in the lower key lock and chop his neck with the left (4) – W142
- [ ] Paired drills from within this section
- [ ] Random techniques from within this section

### **Locks and Pins (7)**

- [ ] Ringeck's/Kal's pin on his back (1) – K94r.
- [ ] Kneel on small of man's back when he is lying on his stomach, pull up on his hair with right (2) – W146
- [ ] Kal's terrible pin on stomach (3) – K94v/K95r
- [ ] Hold two men in the lower key lock (4) – W143
- [ ] Hold two men down with the lower key lock with your feet on the ground (5) – W145
- [ ] Hold two men by their ring and pinky fingers for transport (6) – W144
- [ ] Pin three men at once (7) – W147
- [ ] Paired drills from within this section
- [ ] Random techniques from within this section

### **Fighting against other weapons (4)**

- [ ] Dagger: Ein Grosse Wurff against an Oberstich (1) -

