

MEMAG STAFF BASIC LEVEL TEST (62 Techniques)

Introduction

- [] History of the Art
 - Longsword is the basis of all weapons including the staff
 - Staff is the basis of all pole arms
 - Ranges in length from 5-9 feet, and long staves from 12-18 feet
- [] Andre Paurenfeindt
 - 1516
 - Vienna
 - First printed text on fencing
 - Republished in 1558 by Christian Egenolph

General Lessons (11 Techniques)

- [] Stangen/Staves
 - Stangen is the German translation of staff
 - Staves is the plural form of staff
- [] Gannzen Grip vs. Half Staff Grip
 - Half Staff Grip is grasping staff in the middle with hands shoulder width apart
 - Gannzen grip is an end grip with one hand located within six inches of the tail and the other grasping in the middle of the staff
- [] Gripping the Staff
 - Grasp staff so that thumbs are pointed towards each other
 - When striking leave foremost hand loose and pull staff towards target primarily with strength in the first two fingers
- [] Stance/Footwork
 - Stance and footwork same as longsword
- [] Staff Fighting
 - Approach generally same as longsword
 - The advantage of staff fighting is length
 - Fighting does not have a set style of either Gannzen or Half, grips should be versatile to the situation presented
- [] Oberhut Gannzen Grip (1,2)
- [] Oberhut Half Staff Grip (3,4)
- [] Mittelhut Gannzen Grip (5,6)
- [] Mittelhut Half Staff Grip (7,8)
- [] Steürhut (9)
- [] Reverse Steürhut (10)
- [] Gewalt Stoss (11)

Binding (20 Techniques)

- [] Parts of the Staff
 - Four parts: the tail, between the hands, first few inches in front of foremost hand and the weak or foremost point
- [] The Eight Bindings
 - Four above, four below
 - Blocks to both sides
- [] Strikes from Gannzen Grip
- [] Full Strikes from right (1,2,3)
- [] Full Strikes from left (4,5,6)
- [] Strikes from Half Staff Grip
- [] Full Strikes from right (7,8,9)

- [] Full Strikes from left (10,11,12)
- [] Side Blocks (13,14)
- [] Stossen
 - Always step with a stoss to give it power
 - Always extend arms as far out as possible to power stoss
- [] From Mittelhut in Gannzen Grip (15,16)
- [] From Mittelhut in Half Staff Grip (17,18)
- [] Gewalt Stoss (19, 20)
- [] Drills
 - Sliding Strikes Gripping Drill
 - Half Strikes Control Drill
 - Horizon Hold Strength Drill
 - Figure 8 Strength Drill
 - Stossen Drill
 - Stretching Drills
- [] Paired Drills from this section
- [] Random techniques from this section

Paurenfeindt (31 Techniques)

- [] Against a strike from right oberhut, bind with a triangle step and shoot the point to his chest (1)
- [] Against a strike from right oberhut, bind with a triangle step, if he binds with strong pressure then wind to his face (2)
- [] Against a strike from right oberhut, bind with a triangle step, if he binds with strong pressure then wind as before to his face, when he parries, then strike his lower right side with the back point of your staff (3)
- [] Against a strike from right oberhut, bind with a triangle step, when he gives you strong pressure bring your back point around to strike his foremost point away from him so you disarm him, then thrust (4)
- [] Strike from right oberhut, zucken to outside of his staff as he parries (5)
- [] Strike from left oberhut, zucken to outside of his staff as he parries (6)
- [] Strike from right oberhut, keep foremost point on his staff, step in front, throw from under his right arm with back end of your staff over your left leg (7)
- [] Counter by shooting the point to his face as he runs in, he parries, strike his right side of head with your back point (8)
- [] Strike from right oberhut, when he is in half staff grip, disarm him with a hit from the back end of your staff from the left, then step and thrust (9)
- [] Counter by shooting in your lower point, wind to your right against his thrust, then thrust to his face (10)
- [] If he strikes for your leg instead of head in half staff grip, from Half Staff grip drive your point to the ground on the left to block then spring to the right and strike him to the head (11)
- [] Thrust to him from your right side, zucken when he parries, when he parries again spring to his left and with your back point around his neck throw him over right leg (12)
- [] Counter by grabbing his right wrist with your left hand before he starts to throw, turn away from him and throw him over the left hip (13)
- [] Against Gewalt Stoss, stand in Steürhut, and wind your point over his staff and his hand to his face, step and thrust to him (14)
- [] Counter before his thrust by letting him run off of your weak, step and strike his head from above (schnappen) (15)
- [] Gewalt Stoss him from right side, when he displaces from Steürhut grab foremost end of your staff with inverted right hand, let go with left, spring right and strike his head on his left side (16)
- [] Counter by stepping back before his strike hits, then step back in and strike or thrust (17)
- [] From oberhut on left with your right foot forward strike out his Gewalt Stoss with your above point then you are free to thrust or strike (18)
- [] Counter the strike at your ear by stepping out and Gewalt Stoss in his face (19)

- [] If one thrusts at you below in Half Staff Grip do not defend them, just thrust to their face (20)
- [] If one thrusts at your face then thrust back in the same way to him (21)
- [] With right foot forward, start in reverse Steürhut pull your strike around to his right side, if he defends then swing and strike him to his left side (22)
- [] Counter by defending both your right and left with forward point to ground, thrust to his face (23)
- [] Alternative counter, defend right and left, go between his legs with forward point and throw (24)
- [] Against his thrust with your foremost right hand parry him to your left then thrust to his face (25)
- [] Strike through his shoulder to the ground, then pivot around your foremost point by springing to his side and strike him with your back point (28)
- [] Counter by shooting the long point (29)
- [] Against a strike at your left knee, catch him between your hands and wind the foremost end of your staff over his and pull his staff away from him (30)
- [] Against a strike from Oberhut catch it between your hands on the left, wind your foremost point over his hand, disarm him by pulling him to your left side then thrust in (31)
- [] Paired drills from this section
- [] Random techniques from this section

Testing

All techniques in paired drills

[]

Discussion of principles, tactics and other lessons

[]

Random Encounters (21)

[]

Sparring Matches Won (10)

[][][][][][][][][][][][]

Member of staff class for at least three months

[]