



Youngstown Historical Fencing

Longsword Fundamentals 2.0

- **Review 1.0**
 - Parts of the sword
 - Stance
 - Passing Step
 - Gathering Step
 - “General Teachings”
 - Vom Tag and Oberhau

- **A guard, and a hew**
 - Alber
 - Upon finishing an Oberhau, one ends up in Alber (fool)
 - *Verse 61 (Ringeck)*
Item. The Third guard [Leaguer] is called The Fool [Alber]; arrange yourself thusly: Stand with the right foot forward and hold your sword with outstretched arms with the point upon the ground
 - Right and Left Alber (fool) – Ringeck does not include a description of Left Alber – Danzig, etc does.
 - Unterhau
 - A cut from below, usually deployed from Alber
 - Proper cutting form (passing step)
 - Right and Left Unterhau (Short Edge)
 - Right and Left Unterhau (Long Edge)

- **DRILLS**
 - “Ribbon Cuts” Drill
 - Moves from Unterhau to Oberhau with a single passing step
 - “Infinity Cuts” Drill
 - Left and Right Oberhau, each with a passing step

- **The Four Openings (Briefly)**
 - *Verse 61 (Ringeck)*

About the four openings

Know to target the four openings;

Thus you strike wisely.

Go upon all

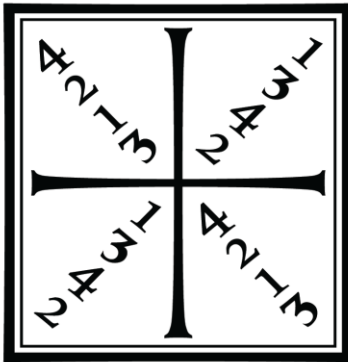
Without doubt how he bears.

Gloss. You shall here note the four openings on the man which you shall always fence to. The first opening is the right side; the second is the left side above the girdle of the man. The other two are also the right and the left sides below the girdle. In the onset, precisely observe the openings with which he uncovers himself against you...

- **Joachim Meyer**

- 16th Century German
- Essentially the last major figure in the Liechtenauer tradition
- Wrote at least 3 distinct and very extensive manuals
- Much of his longsword manual draws upon Ringeck and Danzig, but he changed and added to the teachings to incorporate his ideas and the changing dynamics of the 16th century

- Meyer's Square



- For Today's purposes, it is a combination of Oberhau and Unterhau, starting on the outside top right then moving through the numbers working inwards. The numbers represent the order in which you should attack the opening it is located in. The last attack of the series moves you inward to the next ring. Can be done with the long or short edges, or other cuts we have not yet discussed.