



# Youngstown Historical Fencing

## Longsword Fundamentals 3.0

- **Review**

- Parts of the sword
- Stance
- Passing Step
- Gathering Step
- Vom Tag and Oberhau
- Alber and Unterhau

- **A guard, and a thrust**

- **Plow (Pflug)**

- On finishing an oberhau and raising the point, one ends up in Pflug (plow).
- The “dangerous” low guard
- *Verse 60*

**Item. The second guard [Leaguer]** is called the plow [*pflug*]; arrange yourself thusly: Stand with the left foot forward and hold your sword with crossed hands near your right side your knee such that the point stands against the face

- Ringeck mentions only Right Plow. Danzig specifically includes instructions for left and right. Some descriptions include the orientation of the blade edge – left plow is short edge up usually
- Transitioning from left to right plow involves foot movement
- Plow guards against attacks from below

- **Drill – Defending with Pflug**

- “Defender” stands on plow, “Attacker” throws a slow unterhau to the same side. Defender “pushes out” to block the attack while keeping the point on line.
- Repeat 3x on each side, then switch roles

- **Thrusting from Plow**

- Thrusts from Plow should be aimed for the face or throat,
  - Proper thrusting form
    - Cross guard becomes horizontal as the arms come up
    - Primarily performed with a gather step

- **Pell Drills (Pflug)**

- Point control
- range

- **A guard, and a thrust 2**

- **Ox (Ochs)**
  - Upon finishing an Unterhau and bringing the point to the centerline, one ends up in Ox (Ochs)
  - The “dangerous” high guard
  - *Verse 59*  
**Item. The first guard [Leaguer]** is called the ox [*Ochs*]; arrange yourself thusly: Stand with the left foot forward and hold your sword near your right side with the hilt in front of your head, and let the point hang against the face
  - Ringeck mentions only Right Ox. Danzig specifically includes instructions for left and right, and Danzig specifically mentions thumbing the blade
- **Drill – Defending with Ochs**
  - “Defender” stands in Ochs, “Attacker” throws a slow oberhau to the same side. Defender raises or lowers the hilt to block the attack while keeping the point on line.
  - Repeat 3x on each side, then switch roles
- **Thrusting from Ox**
  - Thrusts from ox is a short range thrust, rarely used as an opening attack, but very relevant in working from a bind.
    - Proper thrusting form
  - Ox is a highly defensive end position to a thrust from Plow. Much like we cut “from a guard, to a guard” we can thrust “from a guard, to a guard”
- **Pell Drills (Ochs)**
  - Thrust from plow with a gathering step, then follow through with a wind to Ox, and a passing step
  - Point control
  - range