



Youngstown Historical Fencing

Longsword Fundamentals 4.0

- **Review**
 - Parts of the sword
 - Stance
 - Passing Step
 - Gathering Step
 - Vom Tag and Oberhau
 - Alber and Unterhau
 - Pflug and Thrust
 - Ochs and Thrust

- **The Transitional Guard: Long point**
 - Ringeck, Verse 107
 - **Here note how you shall stand in the long-point and what plays you shall conduct from it**
Item. Note, when you come just near to him with the onset: so set your left foot forward before when he binds you on the sword, and hold your point long with extended arms against the face or against the chest.
 - Oberhau and Unterhau can “stop” in long point
 - Thrusts also can “stop” in Long point

- **Drill: Meyers Square (to Longpoint)**
 - Cutting the same Meyer’s Square, but this time, with an object (person, pell, etc) in the way to prevent cuts from passing all the way to the other side. This changes how the square drill works

- **Drill: Pell (Cutting)**
 - Range and targets
 - “the four openings” revisited
 - “the sweet spot” on the blade

- **Drill: Pell (Controlled force)**
 - The same kind of control used when cutting to longpoint “against air”
 - “pulling” a strike or thrust so as not to maim your partner

- **Drill: Opposed Meyer’s Square**
 - Stage 1
 - Utilizing the previous drills, Fencer A cuts the Meyer’s square (first ring) slowly, in range, while advancing on opponent (Fencer B).
 - Fencer B will retreat while cutting the same attack as a response, creating a parry.

- Reverse the drill (B attacks and advances, A retreats with parries)
 - Develop metronome like rhythm (1, 2, 3, 4 -switch- 1, 2, 3, 4)
 - Stage 2
 - Same pattern as Stage 1, however on a random attack, Fencer B will simply freeze. Fencer A should be have their attack “land” In range, and should be able to exercise control to prevent the attack from actually hitting B
- **Defending the Four Openings**
 - Pflug and Ochs to defend from below and above
 - Revisit Pflug and Ochs defense drills
 - “The best defense is a good offense” – Thrusts as counters after defense
- **Drill – Practicing Defending the four openings, then returning a thrust**
 - Part 1: Defender assumes a guard (ochs or pflug), Geared up Attacker slowly delivers an unterhau or oberhau to the guard, is blocked. Defender executes a thrust from the block
- **The “Nearing”**
 - Ringeck, Verse 129
 - **Item. When you fence with someone and when you come closing in to him**, so approach in the plow [*Pflug*], and drive it swiftly with winding from one side to the other and such that your point always stands still in front, and from that you may execute the parries; this is the “nearing” and into that you may strengthen with the long edge, and from that execute all the afore-named plays. You may also set-aside cuts and thrusts, and break them simply with winding, and seek the openings with the point."
- **Drill: Defending using “the Nearing”**
 - Geared up Attacker slowly delivers an unterhau, oberhau, or thrust to target of choice. Defender winds appropriately to defend the attack, and finishes with a thrust.