

Primary Longsword Instruction

- 1.) The sword: Discuss nomenclature
 - a. Blade
 - i. Strong
 - ii. Weak
 - iii. Point
 - iv. Long edge
 - v. Short edge
 - b. Hilt
 - i. Cross
 - ii. Grip
 - iii. Pommel
 - c. Gripping the sword
 - i. Normal grip – both hands on the grip or one on the pommel
 - ii. Thumb grip
- 2.) Stance and footwork
 - a. The Balance stance
 - b. Passing step (and when to use it)
 - c. Gathering step (and when to use it)
 - d. Lunge (and when to use it)
 - e. Slope step (and when to use it)
- 3.) Guards
 - a. *Vom Tag*
 - b. *Pflug*
 - c. *Ochs*
 - d. *Alber*
 - e. The Guard Drill
- 4.) Cutting
 - a. Following the blow
 - b. Forehand *Oberhau*
 - c. Forehand *Unterhau*
 - d. Backhand *Oberhau*
 - e. Backhand *Unterhau*
 - f. The Four Cut Drill
- 5.) Strategic Principles
 - a. Range: *Zufechten* and the *Krieg*
 - b. The Bind and *Fühlen*
 - c. Strong and Weak
 - d. Hard and Soft
 - e. *Vor, Nach* and *Indes*
 - f. *Nachreisen*
- 6.) *Zornhau*
 - a. 5 kinds of bind
 - i. Soft
 - ii. Hard, point high
 - iii. Hard, point low
 - iv. Hard, point on line
 - v. Leaving the bind
 - b. Show how to use *Zornort* to test a bind
 - c. *Zucken*
 - d. *Durchwechselln*
 - e. *Der Erste Winden*
 - f. *Sprechfenster*
- 7.) How to teach:
 - a. Tell them what you're going to teach
 - b. Demonstrate
 - c. Explain
 - d. Ask for questions
 - e. Have them do it
 - f. Correct mistakes
 - g. Ask for questions
 - h. Tell them what you've taught them

First Class:

- 1.) Nomenclature & Grip
- 2.) Stance & footwork (no slope)
- 3.) Guards & Guard Drill
- 4.) Cutting: *Oberhau* and *Unterhau*
- 5.) Strategy:
 - a. Range
 - b. Bind & *Fühlen*
 - c. Strong & Weak
 - d. *Vor, Nach Indes*
- 6.) Techniques:
 - a. *Zornhau* to bind
 - b. *Zornort*

Second Class:

- 1.) Repeat First Class (faster)
- 2.) Strategy: Add *Nachreisen*
- 3.) Techniques:
 - a. Demonstrate 5 binds
 - b. Emphasize *Fühlen* by having the student bind then you show and explain each sort of bind
 - c. *Zucken*
 - d. *Durchwechselln*

Third Class:

- 1.) Repeat 2-4 of the First Class
- 2.) Cutting: Add Backhanded *Oberhau* and *Unterhau*
- 3.) Practice 4-cut drill
- 4.) Technique:
 - a. *Zornhau*
 - b. *Zornort*
 - c. *Zucken*
 - d. *Durchwechselln*

Fourth Class:

- 1.) Stance, footwork & Guards Drill
- 2.) Practice 4-cut Drill
- 3.) Repeat Third Class #4
- 4.) Technique:
 - a. *Winden*

b. *Sprechfenster*

Subsequent Classes:

- 1.) Review stance and foot work
- 2.) Review guards and Guards Drill
- 3.) Practice the Four Cuts
- 4.) Review 2-4 techniques with an emphasis on form and the strategic concepts involved using the "How to Teach" instruction above
- 5.) Work through the Longsword Study Guide section by section