

NOVICE	SCHOLAR	FENCER	FREE-FENCER
Theory			
Theory			
Parts of the weapon	The 5 words (Vor, Nach, Indes, Strong, Weak)	Discuss the 5 Meisterhauw, particularly with respect to how they are used in the earlier Liechtenauer tradition.	If you consistently teach over time the remainder of the requirements can be considered demonstrated as part of your teaching, subject to approval of the seniors.
Elements of Fencing (Strikes, Parries, Handworks)	Describe the stages of the exchange (Zufechten, Krieg, Abzug)	Provoker/Taker/Hitter paradigm and how it can be used in the stages of the exchange.	First aid certification
4 Openings	Describe the types of parrying as categorised by Meyer (passive, active, counter-attacking)		Teaching in Class.
Distances (out, long, short, grapple)			Describe the four types of opponent and demonstrate how they can be addressed in Meyer's system.
Posture & Movement			
Stepping			
Demonstrate stepping smoothly and slowly properly.	Stepping should be smooth and consistent through all test elements.		Demonstrate steps appropriately with a secondary weapon
Advance/Retreat	Double Triangle Step		
Passing Forward/Backward	False/Cross Step		
Gathering Forward/Backward	Stolen Step		
Triangle Stepping	Slipping the Lead Leg		

Lunge & Recover			
Guards			
Principal Guards: <ul style="list-style-type: none"> • Tag • Pflug • Ochs • Alber 	Demonstrate how Meyer's guards are used as waypoints for cuts and techniques.		Demonstrate the Principal Guards used with secondary weapons.
Full Guard Sequence to the call of the next guard in the sequence	Full Guard Sequence one movement at a time	Full guard sequence smoothly and continuously	Create a guard sequence for another weapon

Principal Cuts & Basic Parrying

<p>Demonstrate the techniques solo showing structure and form using full and half cuts (to Longpoint).</p> <p>The candidate should show good structure, cover the fencing line, and move the hands and body in the right sequence to stay covered.</p>	Demonstrate the techniques with a partner attacking as they expose an opening (Nachreissen).	<p>Demonstrate the techniques with a partner attacking as they expose an opening (Nachreissen) which is then parried.</p> <p>Demonstrate a redoublement of attack (Nachschlag) with a second cut to the opening exposed.</p>	Demonstrate the principal cuts as they apply to a secondary weapon.
Principal Cuts			
Oberhauw			
Zornhauw			
Mittelhauw			
Unterhauw			
Simple Thrusts			
Straight thrust to longpoint	Straight thrust as Ansetzen		
Thrust into Ochs	Thrust in opposition against Eisenport		
Passive Parries			

Demonstrate with a partner from a static position showing structure and form, and crossing the fencing line appropriately, reacting in the Nach (After) to perform Versetzen (Parry), and enter Anbinden (Binding), then withdrawing to safety.	Demonstrate with a partner dynamically at moderate speed, parrying and then attacking with an immediate riposte.	Demonstrate with a partner dynamically at moderate speed, dynamically parrying and riposting. The opponent shall parry this and counter riposte, which must also be parried	Demonstrate equivalent with secondary weapon
Common (Inside/Outside) parry	Kron parry	Verschieben from Shoulder Tag/Zornhut	
Hanging Parry (to both sides)			
Active Parries			
Demonstrate with a partner from a static position showing structure and form, and crossing the fencing line appropriately, reacting in the Nach (After) to perform Versetzen (Parry), and enter Anbinden (Binding), then withdrawing to safety.	Demonstrate with a partner dynamically at moderate speed, parrying and then attacking with an immediate riposte.	Demonstrate with a partner dynamically at moderate speed, dynamically parrying and riposting. The opponent will attempt to parry this and add their own riposte, which must be parried.	Demonstrate equivalent with secondary weapon
Oberhauw Dempfenn (Suppressing)	Abschneiden (Slicing off)		
Zornhauw Versetzen			
Außnemen (Taking Out) with false edge			
Außnemen (Taking Out) with true edge			
Counter-Attacking Parries			
	Absetzen Thrust (Ringeck Style)		
	Absetzen Cut (Meyer Style)		
Secondary Cuts			
	Demonstrate against an opponent who provides the correct stimulus	Demonstrate with a partner in a semi sparring context (Movement, Timing, Intent).	
Master-Cuts (Meisterhauw)			
Zwerch 1: Nachreissen	Krumphauw 1: Nachreissen		

<i>The opponent lifts to shoulder Tag. The Fencer attacks in the Vor (before) with a Zwerch, chasing the opening (Nachreissen)</i>	<i>The opponent lifts to shoulder Tag. The Fencer attacks in the Vor (before) with a Krumphauw to the hands, chasing the opening (Nachreissen)</i>		
Zwerch 2: Versetzen <i>Fencer uses the zwerch as a counter-attacking parry against the opponent's Zornhauw.</i>	Krumphauw 2: Versetzen <i>Fencer uses the Krumphauw to parry the opponent's Zornhauw, & ripostes with a thrust or cut behind the blade.</i>		
	Schielhauw 1: Versetzen <i>Fencer uses the Schielhauw as a counter-attacking parry against the opponent's Zornhauw.</i>		
Additional Secondary Cuts			
	Sturtzhauw	Kronhauw	
	Prellhauw	Blendthauw	
	Windthauw	Kurtzhauw	
	Kniechelhauw	Glutzhauw	
Specific Sequences Using Master Cuts with Parries & Handworks			
Demonstrate with a partner from a static position showing structure and form, and crossing the fencing line appropriately.	Demonstrate with a partner at moderate speed, parrying and then withdrawing safely.	Demonstrate with a partner in a semi sparring context.	Demonstrate Equivalents with Second weapon
Applications of Zornhauw			
Zornhauw 1: Parry → Schießen <i>Fencer parries the opponent's Zornhauw with their own Zornhauw, and threaten the point to the face.</i>	Zornhauw 3: Attack → Abblaffen <i>Fencer attacks with a Zornhauw which the opponent parries & threatens the point. Fencer flows off (Abblaffen) and cuts around (Umbschlagen)</i>		
Zornhauw 2: Parry → Abnehmen <i>Continuing from (1) the opponent parries hard to the side. The fencer cuts over with Abnehmen.</i>	Zornhauw 4: Attack → Fehlen <i>Fencer attacks with a Zornhauw which the opponent attempts to beat aside. Fencer fails off (Fehlen) and cuts around</i>		

	(Umbschlagen).		
	Zornhauw 5: Attack → Durchwechseln <i>Fencer attacks with a Zornhauw which the opponent attempts to beat aside. Fencer changes through (Durchwechseln) and cuts or thrusts to the other side over the arms.</i>		
	Zornhauw 6: Attack → Duplieren <i>Fencer attacks with a Zornhauw which the opponent parries aside. Fencer cuts behind the blade (Duplieren).</i>		
Applications of Krumphauw			
	Krumphauw 3: Hendtrucken <i>Fencer parries the opponent's Zornhauw with a Krumphauw, then uses Sperren (barring) and transfers the blade to the hands for Hendtrucken (hand pressing)</i>	Krumphauw 4: Zirckel (Circle) <i>Zirckel: From the bind, the opponent lift off above Krump under and flow around with the zirckel (circle), and cut a long Oberhauw.</i>	
Applications of Zwerch			
	Zwerch 3: Verfliegen <i>From Zwerch 2, opponnet moves to parry the Zwerch, & the fencer flies off to the other side with a Zwerch.</i>	Zwerch 6: Ausreißen (wrenching) <i>when the opponent parries your zwerch and pushes forward with their long edge, wrench aside with the crossguard and zwerch around.</i>	
	Zwerch 4: Counter with Zwerch <i>Attack the opponent and parry their Zwerch. As they zwerch around, counter-zwerch underneath.</i>	Zwerch 7: Reversing <i>When your opponent parries your zwerch, reverse over, wrench to your left, and snap around.</i>	
	Zwerch 5: Counter with Schneiden <i>Attack the opponent and parry their Zwerch. As they zwerch around, slice their arms (Schneiden) as a forestalling (Verstullen.</i>	Zwerch 8: Double Failer <i>Attack with an oberhauw, fail off and zwerch to the other side. When they parry this Duplieren (doubling) behind the blade.</i>	
Applications of Schielhauw			
	.	Schielhauw 2: Double Schielhauw	

		When the opponent attacks and you schielhauw, if they change through or cut around, perform a cross hands schielhauw to the other side.	
Applications of Unterhauw			
	Going Through <i>Slash up several times, and on the last one go through, then cut around.</i>	Inviting <i>Double winging up to einhorn, then as the opponent attacks shooting over in longpoint against them.</i>	
Anbinden and on-point Techniques			
“Their” bind: <i>Their strong is toward your weak, they have better leverage, but you can change through if there is not danger of the point.</i>	Ansetzen <i>Thrust into the opponent’s preparation as they lift their blade back in preparation for a cut.</i>	Zucken <i>Zucken away and attack back in with a thrust or zwerch in opposition.</i>	
“Your” bind: <i>Your strong is toward their weak.</i>	Absetzen <i>Thrust vs opponent’s blade position to displace with opposition.</i>	Winding: <i>The “8 windings”</i>	
“Equal” or “Neutral” bind: <i>Neither fencer has an advantage in leverage.</i>	Durchwechseln <i>Thrust/pressure feint → They parry hard without threat → Durchwechseln → thrust again</i>	The Noble War (from Ringeck) <i>Dynamic winding/krieg - the game of winding where you try to out-wind the other person.</i>	
Sword Grappling			
	Außreissen with Durchwinden <i>From the bind shove inward with a zwerch and a false step, then wrench out over the arms.</i>	Einlaufen <i>Attack with an Oberhauw and run in under their parry to grapple.</i>	
	Countering Wrenching <i>Release the hand being wrenched.</i>	Sword taking <i>From the bind, (crossed blades) from the bind</i>	
	Hendtrucken <i>The opponent lifts their hands from the bind → Pursue them with pressing from bind as they lift away.</i>	Sword grab from Hanging <i>The opponent attacks with a Zornhauw, hang with crossed hands and reach under, to grab their guard/schilt.</i>	

		“The Reverser” from PvD: <i>From the bind, wind a zwerch feint, fail off and press their elbow, then cut over.</i>	
Halfswording			
	Halfsword 1: Parry Entry <i>Parry an Oberhauw with half sword, and threaten point.</i>	Halfsword 3: Wrenching <i>Enter with Halfsword 1 and wind through under their arms and wrench the arms, and threaten point.</i>	
	Halfsword 2: Zwerch Entry <i>Parry their Oberhauw with a Zwerch, zwerch around and transfer to half sword and threaten point.</i>	Halfsword 4: Throw <i>Enter with Halfsword 1, step behind their lead leg with your left leg and take them down backward with the point/arm. This goes the other way with the pommel.</i>	
		Halfsword 5: Lock with the Point <i>Enter with Halfsword 1 and push the point under between their arm and body, and wind over to a key-lock.</i>	
Extended Plays			
Meyer Square - Row 1 using principal cuts	Meyer Square - Row 1 - 4 using: <ul style="list-style-type: none"> Principal cuts Zwerch Flat 	Stages of the exchange Example Device 126r.1	Select another longsword device - demonstrate and describe it, including application interpretations.
	Attacking to the Openings Device 127v.1	Select a longsword device - demonstrate and describe it, including application interpretations.	Select secondary weapons and demonstrate 2 devices.
Fencing			
Demonstrate simple academic fencing against a variety of opponents	Demonstrate full speed sparring vs a variety of opponents	Demonstrate full speed sparring to the point of exhaustion.	Play 5 exchanges against all comers.
	Demonstrate reffing and judging		Fence a gang of 12 blows against 3 senior members

Grappling / Dagger

Demonstrate slowly from a static starting position, with focus on form and function	Demonstrate against an opponent moving in at a moderate controlled pace.	Demonstrate at high speed.	
Basic Grapples			
5 basic grapples	5 basic grapples	5 basic grapples against dynamic attacker, using the dagger	
Basic Dagger			
	Dagger guards <ul style="list-style-type: none"> • Oberhut • Unterhut • Kreutzhut • Mittelhut Dagger techniques from Oberhut <ul style="list-style-type: none"> • Parry from High Guard 1 (inside) • Parry from High Guard 2 (inside) • Parry from High Guard 3 (outside) • Parry from High Guard 4 (outside) Dagger Techniques from Unterhut <ul style="list-style-type: none"> • Parry from low guard 1 • Parry from low guard 2 	Throws with dagger <ul style="list-style-type: none"> • Casting an opponent backward • Another takedown (superman) • Single leg pick against dagger 	<ul style="list-style-type: none"> • Describe and demonstrate Meyer's dagger precepts • Select 4 plays and demonstrate them • Demonstrate dagger fencing at high speed