



The Academy of European Swordsmanship

Unarmed Initiate Study Sheet

Version 3.01

Initiate Responsibilities

Once initiate ranking is achieved, the responsibilities of the student expand beyond merely studying. An initiate is responsible for assisting non-ranked students in their studies **during classes** only (under instructor supervision). As an initiate, you are also a representative of the AES. Therefore, you are expected to wear your uniform to events with other organisations and at all AES events and practises. Other privileges and responsibilities include:

- can participate as a representative of Academy/school or chapter at symposiums, workshops and conferences
- participate in the challenges of students for the playing for the prize of a initiate and savant rank
- participate in the challenges of students for the playing for the prize of a rank in other schools (upon invitation by that school)
- assist in the general operational and administrative aspects of the Academy/school (workshop coordination and setup, equipment administration, etc.)
- can participate in the governing body of the Academy in an advisory capacity or as part of the executive under invitation
- can participate and contribute to research & development projects, under the direction of a senior scholar, savant or higher ranked member
- provide assistance in training classes when called upon by the senior or junior instructor.

For The **Initiate Exam** you may be asked to demonstrate any of the following:

1. Name the five masters of the fight
 - a. Striking
 - b. Disarming
 - c. Locks and Breaks
 - d. Throws
 - e. Wrestling
2. Proper guards – left & right
 - a. Front guard
 - b. Low guard
 - c. Long guard
3. Passing, stepping, and traversing from any of the stances
4. Defences – left & right
 - a. Cross block
 - b. Straight block
 - c. High elbow block
 - d. Low elbow block
 - e. Block and engage to Ringen; left, right, and centre
5. Proper attacks
 - a. Punches
 - i. Jab: left & right
 - ii. Straight punch: left & right
 - iii. Down fist: left & right
 - iv. Short punch (to short ribs)
 - b. Kicks: all to low targets, such as knee
 - i. Straight heel kick

- ii. Inside kick
- iii. Outside kick
- 6. Throws & Trips
 - a. Go behind – both sides
 - i. Proper “sit” take-down
 - ii. Proper “push-pull” take-down
 - iii. Proper “suplex”
 - iv. Proper “leg collapse”
 - v. head throw
 - b. Straight arm throw (chest wrap throw) – both sides
 - c. Bend arm throw (backwards key throw) – both sides
 - d. Flying Mare – both sides
 - e. Hip toss – both sides
 - f. First wresting of the Change – both sides
 - g. Durchlaufen chin throw – both sides
 - h. Step-through shoulder take-down
- 7. Locks & breaks
 - a. Elbow lock vs. straight punch or reach
 - b. Elbow break vs. high or down attack
 - c. Arm-lock in turning vs. punch or straight attack, taking opponent down
 - d. Counter to 7.b.
 - e. Counter to 7.d.
 - f. Elbow lock vs. bent arm (grab)
 - g. Demonstrate upper & lower key – both sides
- 8. Demonstrate the following 3 chokehold breaks:
 - a. Throat or groin strike
 - b. Shoulder slip
 - c. First wrist lock
- 9. Principles of the 7 points of control (head, shoulder, elbow, wrist, hip, knee, ankle).

Initiate Oath

1. You shall uphold, maintain and keep to your power all such articles as shall be declared unto you by your Provost or Meister.
2. You shall be true student from this day unto the last day of your life, to love the true and hate falsehood, never to rebel and go against any Provost or Master of this science, always to be ruled by your master and the founding masters of this science.
3. You shall not teach this art to anyone until you have attained the ranking which allows for instruction, except under supervision of your Provost or Meister.
4. You shall not compare any other master to disparage his doings, and especially you shall not compare your Meister, under whom you now proceed and of whom you have had your Cuning, neither with Challenge nor with opprobrious words as touching our science in any way.
5. You shall not allow yourself to be abused in any way, but shall defend yourself from injury to the best of your abilities. This being said, you shall not provoke fights or cause fights to be made on your behalf.
6. You shall swear to keep this Initiate's oath in all points now given and declared unto you by me, your Provost or Meister, in the presence of our brethren of this science, by all you hold true and dear.