



The Academy of European Swordsmanship

Long Sword Provost Study Sheet

Version 2.0

Provost Responsibilities

Once Provost ranking is achieved, the responsibilities of the student expand beyond that of the Initiate. A Provost is responsible for assisting non-ranked students in their studies. As a Provost, you retain all of the responsibilities of your Initiate and Savant ranking. Further privileges and responsibilities include:

- participate in the challenges of students for the playing for the prize of an Initiate, Savant or Provost rank
- 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.
- may study and test for junior instructor certification

Furthermore, you must take the Provost pledge

In order to qualify for the Provost exam you must:

A. Demonstrate a certain level of fitness. In order to accomplish this, the following fitness items must be met:

- cardiovascular: run 4km in no less than 20 minutes or equivalent level of cardiovascular fitness demonstration.
- do at least 30 situps
- do at least 35 pushups
- do at least 10 chinups
- demonstrate flexibility through being able to perform stretches:
 - sitting on floor with both legs in front, legs flat, touch the toes
 - sitting legs wide, touch elbows to the floor
 - demonstrate through a stretch of the candidate's choice reasonable arm and shoulder flexibility.

B. Additionally you must have:

- attended at least 6 cutting practices, two of which your instructor must be present, in order to demonstrate proficiency at cutting with a sharp longsword.
- attended at least 3 tournaments.
- Senior Scholar qualification.

For The Provost Exam you will have to demonstrate each of the following:

1. Demonstrate 14 secondary guards and show at least one defence and attack from each guard.
2. Demonstrate the 8 armour-hand guards shown in Gladiatoria or another Fechtbuch from the German tradition.
3. Demonstrate a Mortschlag from two guards and explain the two main targets.
4. Demonstrate two counters to the Mortschlag with armour-hand techniques. Finish the techniques with counters.
5. Demonstrate one counter to the Mortschlag when unarmed.

6. Demonstrate Dringen and explain how to achieve it.
7. Demonstrate two counters to Dringen.
8. Explain the main targets in stabbing techniques.
9. Demonstrate four throws that leverage the head or neck.
10. Demonstrate two throws that leverage the legs.
11. Demonstrate four throw that leverages the arms.
12. Demonstrate four joint-punishing techniques.
13. Demonstrate two disarms with armour-hand techniques.
14. Demonstrate weapons proficiency in a prize play of armour-hand against other senior members of the school. Demonstration of the five Masters of the Fight should be evident in your play.
15. A flourish containing at least 16 distinct moves, including counters, cuts, and thrusts. All eight cuts must be included in this flourish, and at least six distinct counters must be present. This must be different than the flourish demonstrated for your Savant ranking. You may be asked to show the flourish you performed during your Savant testing.
16. An impromptu flourish
17. Name all 17 Hauptstucke and demonstrate and application of each of them.
18. Name at least five historical Fechtmeisters, their scholastic significance (for example, the works they wrote and why that is important), and approximate dates of their work or life.
19. Name all Provost and Meister ranked members in the AES.
20. Provost prize play will have to be performed against at least five different types of weapons: one of the same sword type you are testing for, another (different) sword, a pole-arm, a weapon such as an axe or hammer, and a combination of weapons (sword and dagger, sword and shield...).

Basic Types of Strikes

Oberhau: descending strikes whether vertical or diagonal

Unterhau: rising strikes, vertical or diagonal, using true or false edge.

Abschneiden / Schnitt <cut off / slice>: short, drawing cuts

There are names for some specific strikes:

Scheitelhau <parting cut>: the vertical cut that is high to the top of the head.

Zornhau <anger/rage cut>: a diagonal cut, usually from your strong to your weak side.

Zwerchhau <waist cut>: horizontal cut right to left

Mittelhau <middle cut>: horizontal cut left to right

Meisterhauwen

The Meisterhauwen, or Master Cuts, are four distinct cuts that

Provost Oath

1. You shall uphold, maintain and keep to your power all such articles as shall be declared unto you by your Meister.
2. You shall be true Provost 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 Meister of this science, always to be ruled by your Meister and the founding masters of this science.
3. You shall not teach any suspect person (any person believed to have a criminal record or criminal tendencies), common brawlers or drunkards, but to avoid your hands upon them, and to keep no company with them, so nigh as you can.
4. You shall not teach any person whatsoever, that he or she be without you do swear him or her unto your master and other Meisters thy master shall assign you.
5. You shall not compare any other Meister to disparage his doings, and especially you shall not compare your Meister, under whom you now proceed and of whom you have had your Cunning, neither with Challenge nor with opprobrious words as touching our science in any way.
6. At any prize or game which you shall be at to stick or stand by, you shall say the truth of which you shall see without prejudice or hatred for any party, setting all affection aside and rightly judging so as you would have thyself be judged, without fraud or guile, helping them to that which they have won so nigh as you can or may be your good will.
7. You shall always be merciful and whereas it may happen you have the upper hand of your enemy, that is to say he be under your feet or without any weapon or other advantage, you shall not kill him, so long as he be no traitor to your country and oaths, saving yourself without danger or death or bodily hurt according to your first oath, which you received entering this science.
8. You shall take in no student to teach him or cause him to be taught in any manner or weapons appertaining to the science, except that you give him his right oath, which belongs to all students. Nor shall you hinder any other Provost or Meister in doing so.
9. You shall not teach or entice to train any other Provost or Meister's student, without the goodwill of the first Meister, except that the said student has well and truly contented his duty to his first Master. Furthermore, you shall keep our rules and constitutions in all prizes and shall hereafter as you proceed in this science.
10. You shall not cause any Savant or Provost prize to be played without the granting and consultation of your Meister. And you shall see that these prizes are played according to Academy rules, not prejudicing any safety or skill during said play. Further you shall invite all Savant, Provost or Meister ranked students within your geographic area who are members of our esteemed Academy and those like ranked members of other approved Western Martial Arts schools.
11. You shall swear to keep this Provost's oath in all points now given and declared unto you by me, your Meister, in the presence of our brethren of this science, by all you hold true and dear.