



The Academy of European Swordsmanship

Longsword 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 organizations 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 will have to demonstrate each of the following:

1. Name the parts of the longsword and describe their changes/variations in the weapon's evolution from Medieval to Renaissance times.
2. Name and demonstrate the 4 primary guards from the Liechtenauer tradition.
3. Demonstrate the guards Tail and Wechseln.
4. Name and demonstrate the 5 Meisterhauwen.
5. Describe and demonstrate the Meisterhauwen used to counter each of the 4 primary guards (the forsettings), also called guard-breaking.
6. Explain and demonstrate the concept of binden, and, fuhlen from binden.
7. Describe the four openings and the use of duplieren & mutieren to break them.
8. Describe what is meant by vor, nach and indes (also called im mitten).
9. Demonstrate the 2 Hengen and explain at what point in the bind you would initiate each.
10. Demonstrate a proper winden from the bind.
11. Demonstrate 3 movement techniques. (Durchlauffen, Nachraysen, etc).
12. Demonstrate 4 defences to Scheitelhau.
13. Demonstrate 4 defences to Zornhau.
14. Name and demonstrate movement terminology (step and pass and cocke-step, and the distance terminology of half, full, double, and directions of forward, back and traverse).
15. Demonstrate proper primary stance foot positions and hip placement.
16. Demonstrate the standard 8 cuts.
17. Name the five masters of the fight and demonstrate at least 1 technique from each of the five.
18. A free flourish to the satisfaction of your Provost.
19. Demonstrate weapon proficiency in a prize play.

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1. *Parts of the Sword.*

Blade: divided into the Stark and the Schwech <weak>. These can be further divided into parts (Halbstark, Vollstark, Halbschwech, Vollswech). Also called Hart und Weich <hard and soft>. Each edge is also named differently. These are the “true” and the “false”, also known as the front, or leading, and back, or trailing, edges. The sword also contains a fuller or groove/channel. A fuller is a shallow cut into the blade and down part of the length of the blade. This is also called a *channel*. A sword does not always have these, and they may have only one or more than one. A narrow, deep fuller is sometimes called a *fluke*. The opposite of a fuller is a raised portion on the blade, called a *fluke*. The groove is cut to lighten the blade without losing strength. Those few blades that have flukes have this added because they are very thin blades, and the fluke adds to the strength of the blade.

Handle: where you hold onto the sword, also called grip. This is usually made of bone, leather, wire, wood, horn or ivory.

Pommel: “little apple” – the counter balance at the end of the handle. Sometimes it includes a small rivet (capstan rivet) called a pommel nut, pommel bolt, or nut. On some medieval swords the pommel may be partially or fully gripped and handled.

Hilt: the “cross” part of the sword between the handle and the blade. Called the *Krüz* in German. On Renaissance swords, the two sides of the hilt may be called *quillions*. This is also sometimes called a guard.

Shoulder: where the blade meets the hilt

Tang: the hidden portion that runs the length of the handle and attaches to the pommel. Where the tang ends and the blade begins is the “shoulder”, where the hilt rests.

Ricasso: this part of the blade is the unsharpened area below the shoulder. Not all swords have this.

Annulet: also called a “finger ring”, this small ring of metal extends from the hilt to the blade. It is intended to protect a finger when used in a specific grip, where the finger is wrapped around the hilt. The annulet developed in the later Middle Ages and can be found on long swords and short swords, but are more common on Renaissance cut & thrust swords, rapiers and even small swords.

2. *4 Primary Guards.*

- Vom Tag
- Ochs
- Pflug
- Alber

3. *Tail and Wechseln.*

- Demonstrate each guard on both sides.

4. *The 5 Meisterhauwen (The Master Cuts).*

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- Zornhau – the Rage Strike. An angled cut with the long edge generally landing around the neck or shoulder.
- Krumphau – the Crooked Strike. A cut with either edge where the blade angles forward and the rear hand crosses under the front hand. The target is the hands or forearms of your opponent. It can also be struck with your blade flats against the blade of your opponent in an attempt at a disarm.
- Scheitelhau – the Scalp Strike. A vertical cut with the long edge that is meant to bring your blade into contact with the opponent's head, face or chest. This is a very fast strike.
- Schielhau – the Squinting Strike. A downward cut of the short edge with your body placed in such a way that you only generally see your opponent with one eye. Can be taken to the throat against Pflug by riding up the opponent's blade in a type of Absetzen.
- Zwerchhau – the Cross Strike. A traversing cut that targets the neck or head, although it can be used lower. It can be used on either side and can be used to deflect strikes from above.

5. *Guard Breaking.*

- Krumphau breaks Ochs.
- Scheitelhau breaks Alber.
- Schielhau breaks Pflug.
- Zwerchhau breaks Vom Tag.

6. *Binden & Fuhlen.*

Binden – (to bind) contact between swords during fencing where neither fighter has the advantage. Often occurs from meeting a strike with your blade.

Fuhlen – (to feel) occurs from the bind and involves judging the intent of your opponent through the pressure he places through the bin onto your sword; pressure is either soft or hard.

7. *The Four Openings. Duplieren & Mutieren.*

Draw a line down a person through the middle of their body from head to crotch, and then horizontally across their navel. The four quadrants this creates are the four openings, two upper, two lower.

Duplieren – (to duplicate) immediately following up your parried strike with another strike. Sword pressure from your opponent is likely to be soft from the bind. Duplicate a second strike to an upper opening.

Mutieren – (to mutate) to direct your attack from the upper to the lower openings from the bind. The sword is wound over the Sword pressure from your opponent is likely to be hard from the bind. Mutate to an attack at a lower opening.

8. *Vor, Nach and Indes.*

Vor – (before) gaining the first strike and thus the initiative in the fight. This is paramount in Liechtenauer's system to gain the vor and not be on the defensive.

Nach – (after) the next strike. If you Vorschlag you should also gain the Nachschlag and not allow your opponent to steal the initiative of the fight. If your opponent has gained the Vorschlag you must seek to steal the initiative with the Nachschlag.

Indes – (instantly/simultaneously/at once) instinctively acting in response to your opponents attacks in such a manner that will keep you with the initiative if you have the Vorschlag, or gain you the initiative if you have taken the Nachschlag.

9. *The 2 Hengens.*

There are two hangings, upper and lower. Hanging either raises or lowers the pommel with the sword point still threatening the thrust.

Upper Hanging - the pommel is lifted above one's head if your opponent's sword is on top of your blade.

Lower Hanging - the pommel is pushed down if your opponent's sword is below your blade.

10. *Demonstrate a proper Winden from the bind.*

From the bind pull the pommel up to change your points direction without having to move your body. Do not leave the bind while winding.

11. *Demonstrate 3 movement techniques. (durchlauffen, nachraysen, etc).*

- Nachreisen (travelling after) – when your foe attacks you counter-attack into it, or, void and then counter-attack. You strike instantly or your strike after. May also be called next raiding, pursuing, reacting or counter reacting.
- Uberlauffen (over running) – reaching over a low strike with a high attack, often assisted by voiding. The high strike will usually be faster or shorter than the low strike.
- Absetzen (off-setting) – deflecting or turning aside an attacker's blade with a forward spiral motion of your own blade, generally as you conduct a thrust. One could consider this a type of Winden.
- Durchwechsel (changing through) - to shift or change your attack or angle of attack from one opening to another. This can be done from the bind, or by avoiding a bind. Often a thrust is your intended attack.
- Durchlauffen (running through) – advancing under your opponent's high attack in order to slash or wrestle. One hand would reach in while the other holds your sword.
- Einlauffen (running in) – to move quickly forward under your opponent's weapon for closing techniques. It may also signify closing distance with speed and aggression.

12. *Demonstrate 4 defences to Scheitelhau.*

From any of the 4 primary guards demonstrate a movement technique that defends against Scheitelhau.

13. *Demonstrate 4 defences to Zornhau.*

From any of the 4 primary guards demonstrate a movement technique that defends against Zornhau.

14. *Name and demonstrate movement terminology (step and pass and cocke-step, and the distance terminology of half, full, double, and directions of forward, back and traverse).*

Step – the forward foot moves a step toward the opponent. The feet remain basically in the same stance.

Passing step – the rear foot moves forward past the front foot changing which foot is forward and which to the rear.

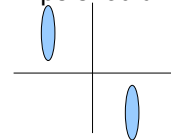
Cocke-step – an hopping step similar to how a rooster would walk.

Half/full/double step – this refers to the distance covered by the step, either a normal pace, half a normal pace or twice a normal pace.

Forward/backwards/traverse – indicates direction of travel with your step. Either forwards, backwards or at an angle to the side if you traverse. The side angle can be steep or shallow as required.

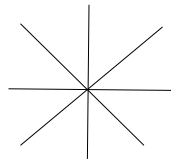
15. Demonstrate proper primary stance foot positions and hip placement.

Basic foot placement in a stance involves one foot forward and one foot back. The feet should be kitty-corner to each other as though across an intersection, shoulder-width apart. Hips should face your opponent as squarely as possible and not turn side ways.



16. Demonstrate the standard 8 cuts.

These are different from the 5 Master Cuts and involve cutting in a pattern as shown below. Cuts go in both directions on all angles. All cuts should start and finish in a guard.



Basic Types of Strikes:

Oberhau: descending strikes whether vertical or diagonal

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

Zwerchhau <waist cut>: horizontal cut right to left

Mittelhau <middle cut>: horizontal cut left to right

17. Name the five masters of the fight and demonstrate at least 1 technique from each of the five.

1. Striking
2. Disarming
3. Locks and Breaks
4. Throws
5. Wrestling

18. A free flourish to the satisfaction of your instructor.

Here you move through the motions of a continuous fight. It is similar to “shadow-boxing” where you are fighting imaginary opponents.

19. Demonstrate weapon proficiency in a prize play.

Here you will have to spar with other members of the club, including senior students to demonstrate your understanding and application of the above techniques. You may have to spar against various weapons.

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 Cunning, 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.

Credits: V1.0 – 2.x Johanus Haidner, Version 3.0, Johanus Haidner & Vincent Moroz.