

THE ONION
MEYER LONGSWORD

- *Vor, Nach, Nachreissen & Abzug Exercises* -

2014

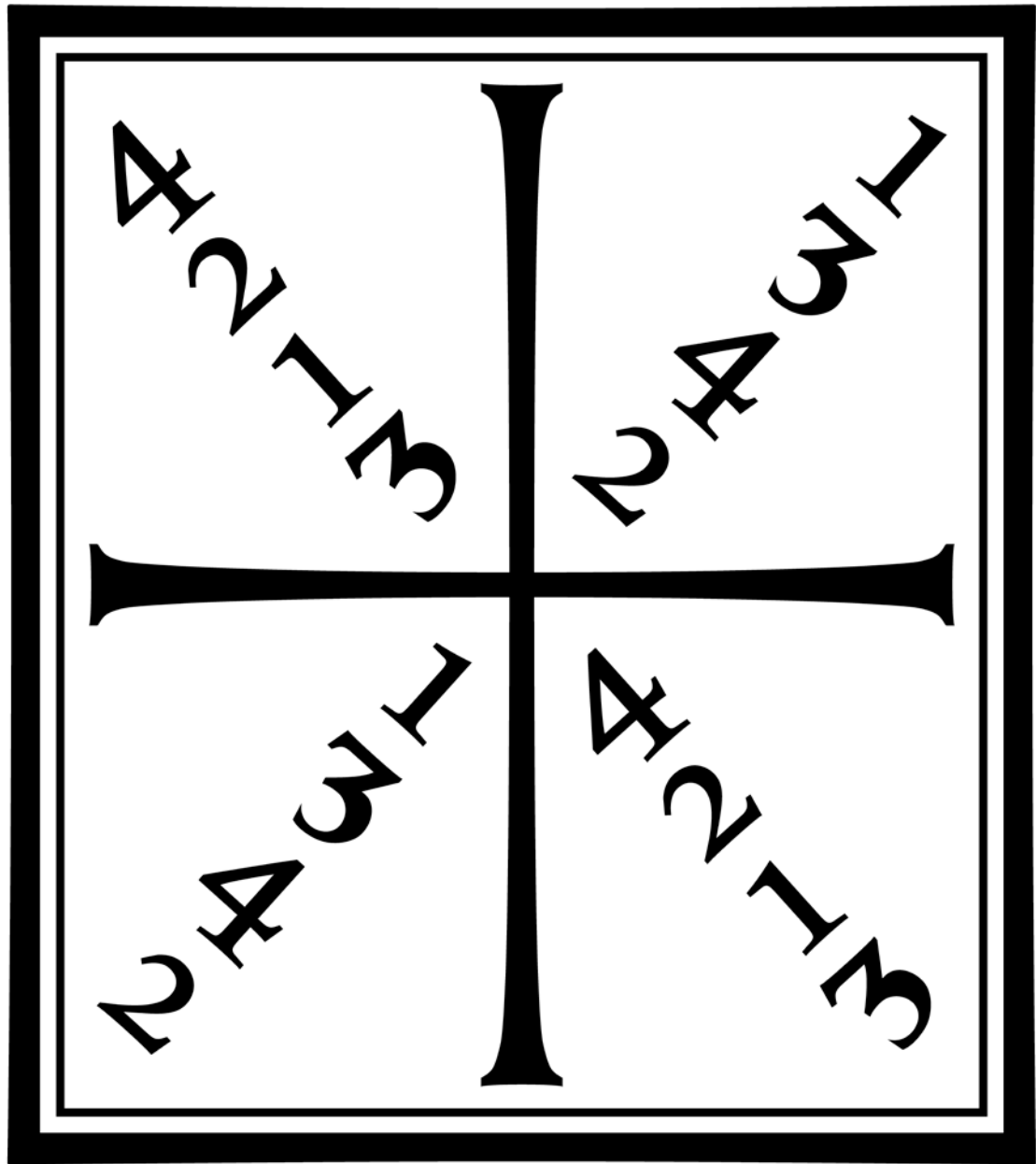
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Instructor's notes v 2.1

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STARTUP

Equipment: Sword, gloves, mask, WATER

PERSONAL PRESENTATION

GHFS & MFFG. HEMAC

Ms.3227a, Ringeck, Meyer / Dussack, longsword, staff & dagger.

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GROUP PRESENTATION

Who has trained more than 5 years?

Who has trained more than 2 years?

Who has studied Meyer?

BACKGROUND

MEYER'S PERSONAL HISTORY

- Lived 1537 (?)-71. Swiss-born but lived in Straßburg.
- Messerschmidt. Straßburg FF/Fechtmeister (1561/68). Swedish Rittmeister (1561-65)? Duke of Mecklenburg's Fechtmeister (1570).
- Wrote 3-4 treatises, 1560/68, 61, 70, 71 (-61 currently lost), including one with copies of *Ringeck*, *Liegnitzer*, *Syber*, *Hundtfeltz*, *Lew*. Reprinted in 1600, 1610, 1660. Sutor 1612 and Verolini 1679.
- A Marxbrüder (1474/87) *and* a Freyfechter (1570/1607?)

SPORTS FENCING, SELF-DEFENSE OR BATTLEFIELD TRAINING?

- Lineage: *Döbringer*, *Talhoffer*, *Leküchner*, *Syber*, *Ringeck*, *Goliath*, *Paurñfeyndt*, *Wilhalm*, *Medel & Marozzo*
- Brechfenster/Sprechfenster (*Goliath 1510*, *Wilhalm 1523*)
- Flat strikes (*Paurñfeyndt 1516*) – Civilian judicial context for defense.

MEYER'S FENCING STYLE – MIND GAMES

- Pressure and Safety through control: *Vorschlag* (1st strike), *Nachschlag* (2nd strike), *Abzug* (withdrawal)
- *Reitzen* (Provoking) - *Nehmen* (Breaking/parrying) - *Treffen* (Hitting)
- WHY? Commonality of Liechtenauer teachings... Printed books, fencing guilds.

What this class is and isn't

The main focus is on learning how to cut more dynamically, how to parry more fluently and more variedly, how to fence more controlled & learning how to identify when to counterattack.

Not fighting stücken, but training of skills based on Meyer that can be applied in fighting.

The class will be divided into two parts: Single and partner drills. First the groundwork:

PART 1: SOLO EXERCISES

1. DO: FOOTWORK, WEIGHT SHIFT AND MOVING IN BALANCE

- Weight shifting
- Gathering steps
- Passing steps
- Triangle steps

2. THEORY: THE BLADE'S DIVISIONS AND THE LINE

- Strong, Weak, and the Middle that borrows half from both.
- Flats and “3 edges”
- Placing the strong

3. DO: GUARDS, STANCES AND WHY?

Done as flowing cuts using short or long edge.

4. DO: GRIPS

Lineage: *Falkner, Talhoffer 1467, Leküchner, Goliath, Medel, Marozzo, Wilhalm 3711 and Meyer*

- a. Tag, Zornhauw/Scheitelhauw to Langort
- b. Tag, Zwerch/Schielhau to Ochs or Pflug
- c. Tag, Krumphauw with long edge
- d. Tag, Krumphauw with short edge

5. THEORY: STAGES OF A FIGHT AND DISTANCES

Zufechten, Mittel/Krieg, Abzug

Silver's 'Place', 'True Place' and 'On the Edge of the Place'.

"... so too it is no use to be overly aggressive with striking, or to cut in at the same time against his strokes recklessly as if with closed eyes, for this resembles not combat but rather a mindless peasants' brawl.

There is thus a constant changing and transformation between the Before [Vor] and After [Nach], for now your opponent gets it, now you in return.

... withdraw from him, if not with harm to him, then at least without injury to yourself.

- Meyer 1570

6. THEORY: VOR & NACH

- *Physically or Mentally* controlling the opponent
- Two different approaches and associated distances
 - *Mittel bind and Winden*
 - *At the edge of Mittel and Wechselhauw & Verfliegen*

"... And continue to strike nimbly Zwer to the Ochs and the other to the Pflug crosswise, to one side – then the other. And cut him then with an Oberhauw (Upper Cut) to the head and then pull yourself back (Abzucken)

*Step in close in the bind
the Zucken (Pulling) gives you good findings.*

Zuck! If it hits, pull again.

Find openings to work: it hurts.

Zuck in all hits

If you wish to fool the masters."

– Codex Ringeck

7. THEORY: TYPES OF CUTS

- Hitting (*Treffen*)
- Provoking (*Reitzen*)
- Vexing/Harassing (See *Schneller* and *Zeckrur*)
- Deflecting (*Nehmen*)

8. DO: THE OUTER CIRCLE & THE BLOSSEN (OPENINGS) 16 CUTS

Cutting according to the four sequences in the diagram with proper stepping

- a. Forwards
- b. Backwards
- c. Rotation points

9. DO: FLOW

Cutting with both edges and flats.

- a. 3 cuts in the same direction using all three edges from above.
- b. 3 cuts in the same direction using all three edges from below.
- c. Cutting freely with *Wechsel/Kreutzhauw* (Cross cut) and *Treiben* (Driving).

----- 5 MINUTE BREAK -----

PART 2: PARTNER EXERCISES

Time for the real meat...

10. THEORY: Different ways of parrying

- a. Opposing kinetic power
- b. Deflecting power
- c. Leverage

d. Striking hard

11. DO: Attack and defend 4 openings.

- a. Cutting and *simple, static parrying* while standing still. Switching with the *Abzug* cut. Follow the movements of the hilt.
- b. Cutting while driving the opponent forward / parrying while being driven backwards. Switching with the *Abzug* cut and voice command.
- c. Variations of parrying - still or with steps to preference.
 - i. Simple stances – *Zwerch & Schiel: Hengetort / Ochs / Einhorn vs Pflug*. (All done on **both** sides)
 - ii. *Krumphauw Continuously*

d. Attack- defend

- i. Freeflow striking and parrying using one hand only.
- ii. Freeflow striking and parrying using both hands.

Primarily use of *Maisterhäuwe* and *Hangetort*.

Mindset of only attacking twice if there is an opening for it.

Do NOT seek a bind, but keep a flow up!

12. THEORY: REITZEN – NEHMEN – TREFFEN

13. DO: TRICKERY

- a. *Verführen - Giving openings*
- b. *Feinting cuts, single / double (Verfliegen/Fehler)*
- c. Cutting twice from the same side
 - i. *Duplieren & Krumphauw-Schielhauw*
 - ii. From above and then below.
 - iii. From below and then above.

14. DO: COUNTERS

- a. *Thrusting or slicing (Zwerch-counter)*
- b. *Verstüllen (Forestalling)*
 - i. *Schneiden.*
 - ii. *Hendetrücken.*
 - iii. *Verkehren & Sperren*

15. DO: EXTRAS

- a. Rosen variations
- b. Windthauw variations
- c. Flügelhauw / Drey Häuwe

16. DO: FREE FENCING

- a. 1 + 1
- b. Let the right one in

FURTHER READING

www.hroarr.com/the-onion-vor-nach-flow-exercises-part-1

www.hroarr.com/free-fencing-exercises

www.hroarr.com/meyers-masters

www.hroarr.com/the-history-of-joachim-meyers-treatise-to-von-solms