

THE ONION
MEYER LONGSWORD

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

2013

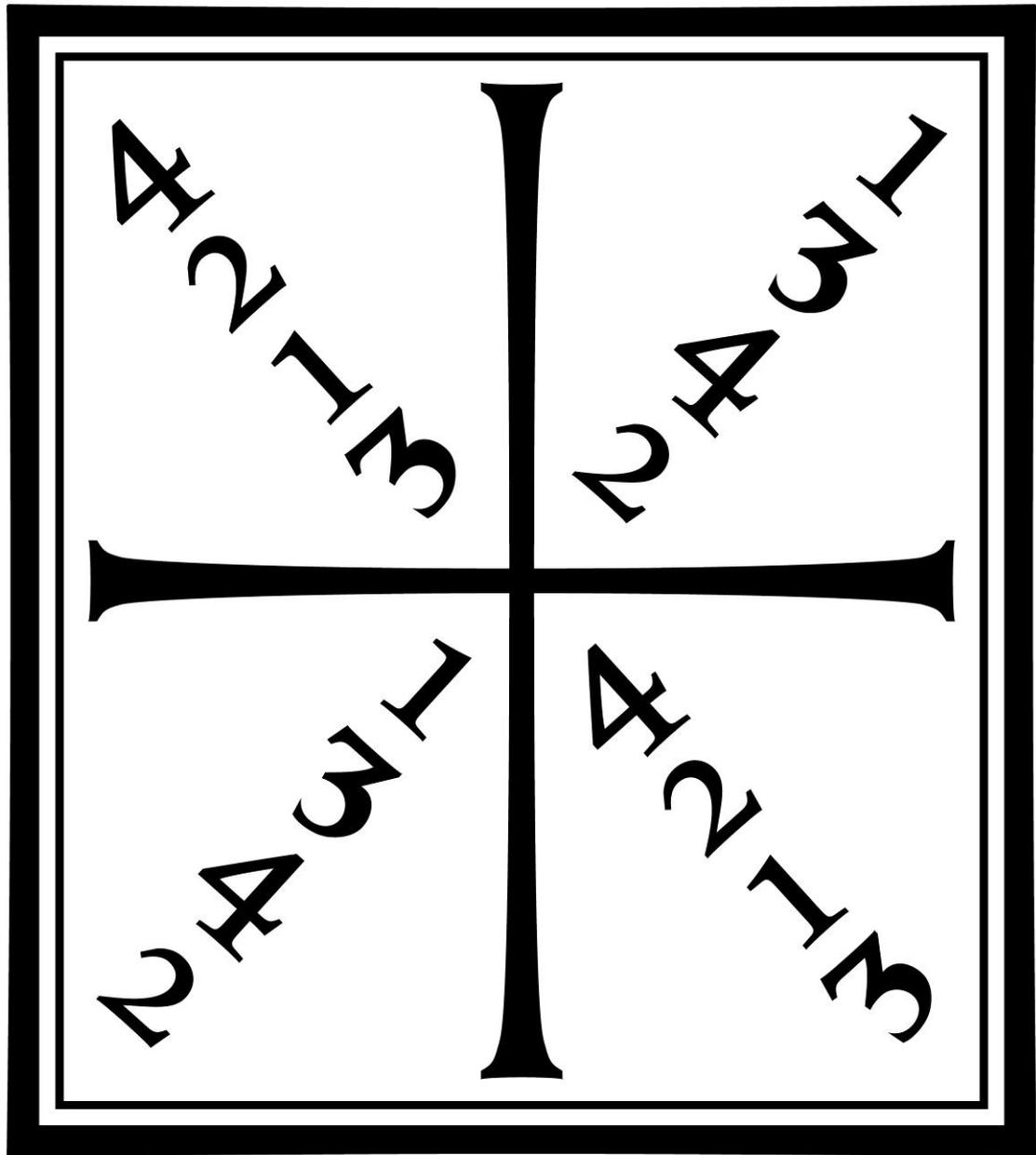
GHFS & MFFG
SWORDFISH
Gothenburg, Sweden

Roger Norling

Handout

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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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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 OR BATTLEFIELD TRAINING?

- Lineage: "Döbringer", *Ringeck/Danzig*, *Talhoffer*, *Leküchner*, *Syber*, *Ringeck*, *Goliath*, *Paurñfeyndt*, *Wilhalm*, *Medel & Marozzo*
- Brechfenster/Sprechfenster (*Goliath 1510*, *Wilhalm 1523*)
- Flat strikes (*Paurñfeyndt 1516*)

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... Printed books, fencing guilds. Training in many countries (Germany, Italy, France, Spain)

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INTRODUCTION

In his treatise of 1570 Joachim Meyer teaches the use of *Zucken* (Pulling), *Umbschlagen* (Striking around) and *Verfliegen* (Flitting), i.e. leaving the bind without using the pressure from the bind, and striking again, or around. This is partly done with the help of a specific diagram depicting four series of four cuts to the openings that can be done with the two edges and both flats.

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.

YOU WILL LEARN E.G:

- How shifting grips enable better and safer cutting
- Cutting to the 4 openings using 3 “edges” and 2 flats, resulting in 19 cuts in 7 directions
- Adapting to the situation through flow training
- Shift in mentality towards safer fencing
- Protecting your hands better through proper striking mechanics
- Use of stances in relation to stepping
- Distance management
- Deeper understanding of Vor (Before) and Nach (After)
- Working in Vor and Nach

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 & twisting
- 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?

Flowing cuts using short or long edge.

- *Tag*
- *Langenort*
- *Olber*
- *Eisenport*
- *Wechselhut*
- *Einhorn*
- *Ochs*
- *Hangetort*
- *Schrankhut*
- *Nebenhut*
- *Mittelhut*
- *Zornhut*
- *Schlüssel*
- *Pflug*

4. DO: GRIPS

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

4 basic grips. Closed/Open grip, sliding, active thumbing.

- 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.

Then when he has executed his intention, he must judiciously draw away such that he does not receive harm at the end through overconfidence; and when it befalls because of some cause that arises, that he cannot come to his intent, then he shall not remain long before his opponent, so that he does not exert himself uselessly, but see how he can withdraw from him suitably, so that he may gather for a fresh attack, and thus skillfully make himself ready to address the shortcoming that held him off from his intent the first time."

- 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*

*“Zwer (Across) to the Pflug (Plough)
and add a hard one to the Ox*

Glosa This is how you shall strike the Zwer (Across Cut) against the four openings when you go against someone. Note then when you against him in the Zufechten come, observe where he is open to you and leap towards him and strike in with the Zwer to the lower opening on his left side. That is called striking to the Pflug (Plough).

... When you have struck him with the Across Cut to the lower opening, then strike immediately around to him on the other side with the Zwer, from above to his head. That is called striking to the Ochs (Ox).

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. 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 (Ochs) / Hangetort*. (All done on **both** sides)
 - ii. *Krumphauw*
- d. Attack- defend
 - i. 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!

10. THEORY: REITZEN – NEHMEN - TREFFEN

I will explain it for you somewhat more fully through examples and so on. And since deceiving with body language, as with the weapon, is basically to threaten to execute one cut or technique, and to complete it in another way, you must here well observe and consider the provoking, taking, and hitting, concerning which you have already been instructed in the treatise on the dusack.

For all provocation with body language or otherwise will be chiefly intended to provoke him out of his advantage to cut or thrust; as soon as he cuts or thrusts, then secondly you hold off or forcefully take out the cut to which you incited him with your provocation, and so weaken him, that thirdly you can hit and reach him without harm before he recovers; then even if he recovers, you are ready to intercept him with defensive strokes as quickly as he can attack.

- Meyer 1570

11. 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.*

12. DO: COUNTERS

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

13. DO: EXTRAS

- a. Rosen variations
- b. Windthauw variations

FURTHER READING

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

www.hroarr.com/meyers-masters

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