

# Contents

Foreword: About this Book	6
1 Introduction: Definitions	10
2 Weaponry: A Specialized Device	12
3 The Sources: Testimonials from a Turbulent Time	16
4 The Foundation: Fundamentals of Fighting Technique	20
4.1 Holding the Weapon	20
4.2 Footwork	20
4.3 Correct Striking	24
5 The Guards: Beginning and End	34
6 The Master Strikes: High School of Fencing	42
6.1 Strike of Wrath	42
6.2 Crown Strike	46
6.3 Squinting Strike	48
6.4 Cross Strike	50
6.5 Crooked Strike	52
7 The Five Words: Timing and Technique	54
8 Fundamental Techniques: Building Blocks of Combat	56
8.1 Slicing Off	56
8.2 Setting Aside	62
8.3 Setting Upon	62
8.4 Chasing	64
8.5 Running Through	66
8.6 Changing Through	68
8.7 Drawing	70
8.8 Feints	72
8.9 Overrunning	77
8.10 The Verkehrer	78
8.11 The Tick	81

## CONTENTS

9	Winding: Combat Blade on Blade	82
	9.1 Two Directions: Inner and Outer	82
	9.2 Winding with the Three Wonders	82
	9.3 Practical Use	82
	9.4 Mutation	84
	9.5 Doubling	86
10	The Displacements: Confusion of Ideas	88
	10.1 The Displacements	88
	10.2 The Devices against the Displacements	90
11	Fighting at the Sword: All's Fair	94
	11.1 Downward Arm Lever	94
	11.2 Forward Arm Lever	96
	11.3 Reverse Grip Lever	97
	11.4 Throw to the Rear	98
	11.5 Forward Arm Lever	99
	11.6 Throw to the Front	100
	11.7 Throw with the Grip	101
	11.8 Arm Lever to the Rear	102
	11.9 The Scissors	104
	11.10 Throw with the Blade	105
12	Disarming Techniques: Taking the Sword	108
	12.1 Sigmund Ringeck's Disarming Technique	108
	12.2 Peter von Danzig's Disarming Technique	110
	12.3 Disarming Technique from the Codex Wallerstein	111
	12.4 Paulus Hector Mair's Disarming Technique	113
13	Fighting Powerfully: Stay in the Before	114
	13.1 The Four Hangings	114
	13.2 The Wheel	114
	13.3 Pommel and Cross Guard	114
	13.4 Sweeping	122

14	Practical Combat: Techniques and Tactics	128
	14.1 The Approach	128
	14.2 The Withdrawal	128
	14.3 Modifying the Strike of Wrath	128
	14.4 The Half-Step	129
	14.5 Announce	129
	14.6 Measure	129
	14.7 Strike over the Bind	130
	14.8 The Important Lines	131
15	In Direct Combat: Possibilities from the Bind	132
	15.1 Analysis of the Situation	132
	15.2 Practical Example: A Technique from the Bind	136
	15.3 The Talking Window	138
16	Master Strikes in Practice: Complex Combat Sequences	140
	16.1 Strike of Wrath	140
	16.2 Crown Strike	144
	16.3 Squinting Strike	146
	16.4 Crooked Strike	148
	16.5 Cross Strike	154
17	Swordfighting Equipment: The Hardware	160
	17.1 The Sword	160
	17.2 Protective Gear	162
18	Free Fight: Man against Man	166
19	Test Cutting: Realistic Exercises	170
	19.1 Seven Reasons for a Cutting Test	170
	19.2 Materials for Cutting Tests	172
	19.3 Securing the Materials	172
	19.4 Tips for the Cutting Test	174
20	Safety in Training: The Most Important Point	176
	20.1 Safety through Proper Training	176
	20.2 Structure of Training	177
	20.3 Safety through Proper Equipment	178
21	Practical Training Tips	180
	Appendix: Resources, Bibliography, Glossary	182