

# Meyer Class Notes

## Part the first: Footwork

Now there are three chief forms of stepping:

Firstly, back and forward; it is not necessary to explain at length what these are, namely when one steps toward or away from the opponent.

Secondly, there are also steps to the sides, which are described by the triangle, namely thus: stand in a straight line with your right foot before your opponent and step with your left behind your right toward his left; and this is the single. The other, which is a double step, happens thus: step as before with your right foot toward his left; follow then with your left behind the right toward his left somewhat to the side, and then thirdly with the right again to his left.

Thirdly, there are the broken or stolen steps, which are done thus: act as if you intend to step forward with the one foot, and before you set it down, step backwards with it behind the other foot. Since these properly belong in the rapier, I will save it for there.

## Part the second: Stances

### High Guard [Oberhut] and the Ox [Ochs]

Ochs: High guard, tip forward.

Oberhut: high guard, tip back.

May be done left or right.

Always right foot forward.

[Straight High Guard]: straight up before you. Tip up.

### Low Guard [Underhut]

Left or right: Tip down toward the ground. Right foot forward.

May be centered or to either side.

### Irongate [Eisenport]

Blade before you, arm down, tip up.

May be centered or to either side.

## **Plow [Plug]**

Thumb grip. Trust out low to either side.  
Body forward over the knee.

## **Longpoint [Langorf]**

Weapon extended  
hold your weapon with fully extended arm toward your opponent's face, such that your shoulder always stands at the same height as the point at which you have thrust.

# **Part the third: Cuts**

## **High Cuts**

Any vertical downward cut is a High Cut.

## **Scalp or Brain Blow**

Straight down to the middle of the head.

## **Squinting Cut**

Vertical cut, but turn and hit with the short edge.

## **Suppressing cut**

Cutting down the two sidelines.

## **Diagonal Cuts**

### **Shoulder Cut/Defensive Stroke**

Cross at the neck

### **Hip Cut**

Cross at the navel

### **Thigh Cut**

Cross at the thigh

## **Middle cut**

### **Neck cut**

Across at the neck

### **Belt cut**

Across at the navel

### **Foot cut**

Across at the knee or lower.

## **Low cuts**

Upward cuts through the same lines as the high cuts.

## **Example:**

{Swing the blade}, so that it seems as if you intended to cut in front on his point. Spring quickly to the other side, and pull your weapon back up for the stroke toward the side to which you have sprung, and quickly deliver a straight High Cut down through at the same side close to his blade, in the manner of a slice; in this cut you shall step wide with your feet, and have your forward knee well flexed forward, so that your upper body sinks well forward with the cut, and your weapon falls to the ground with the blade as horizontal as possible. Go quickly back up with your weapon into the Longpoint for parrying; with this, pull your forward foot back to you and come back upright with your body; and as you thus make yourself upright, drop the hilt of your weapon into the Irongate; thus you stand as at the beginning.

And so much for this cut in the Before. Now in the After, note this opportunity.

## **High Cuts**

### **The First Scalp Cut [Schedelhauw] or High Cut [Oberhauw]**

Cut down into whichever side he is open or if he cuts first, bring your sword up as he does and pull back and withdraw you right foot the strike down to the top of the head.

### **Suppressing Cut [Dempffhauw]**

Bring your hand up as he does, then spring away from the cut, cutting down on his hand or sword and press his arm and/or sword to the ground. If he redoubles his attack, double step to

the other side and suppress again.

## **Squinting Cut [Schielhauw]**

The opponent lies in longpoint or strikes in at you from your right at his left.

Strike in to his blade with a high cut turned to the false edge or flat when it hits. If you strike deep enough, you will hit with the foible.

But if he sends his cut from his left at your right, then as you cut down, reverse your hand inward toward your body, the short edge down. And it doesn't matter whether you come on his blade with the flat or the short edge; but the closer both fortes come together, the more readily your foible will hit behind his.

## **Diagonal High Cut [Oberhauw schlims]**

### **Wrath Cut**

If he stays low. Cross cut above the sword.

If low, cross cut at the body.

### **Defensive cut**

Cut against his hand through his face as his cut or thrust comes from above.

Cut against his hand for a mid height cut.

Cut low against a low cut.

### **Cross cut drill:**

Zorro cut: neck, belly, thigh. Then reverse.

Cross cut. Neck & Neck. Belly & Belly, Thigh & Thigh.

All cuts true edge.

## **Hip Cut [Hiifthauw]**

Thrust out of the Irongate straight up at his face; as soon as he goes up with his hilt, then cut as before at his hip. The cut is done by circling the wrist. This can be done against anything that draws a parry against a face thrust.

## **Round Stroke [Rundstreich]**

Cut into left ox. From there cut a middle cut across the face then circle around to the hip in the same motion.

## **Double Round Stroke [Doppel Rundstreich]**

As before, turning well to the left, before the hip cut and add another cut to the lower leg with another step with a single pulling motion.

## **Neck Cut [Halihaw]**

From the Low Guard or Irongate, when he attack's to your left, spring to the right, slapping down on his sword with your flat. Then spring in and cut to his throat. This may be done to either side.

## **Middle Cut [Mittelhaw]**

The horizontal cut is called a Middle Cut, whether it takes place high or low; the diagonal is the Wrath Cut.

## **Hand Cut [Handthaw]**

Cut to the hands when  
He stretches too low  
He sweeps too high  
He goes too wide.

This Hand Cut is one of the chiefest in the rapier, for it puts a person on the defensive so that he has already half lost, if not entirely.

## **Double Cut [Doppelhaw]**

Cut unterhaw against his cut to your left, catching his cut hight.  
When you make contact, flip your blade and cut across at his face.  
Then drop the tip under and around to cut at the head from outside.

# **Part the fourth: Thrusts**

## **Face Thrust [Gesichtstich]**

Learn first to thrust this one from your left with your palm away from him, thus:

Position yourself in the guard of the left Ox; if he thrusts in at your right, then spring well out from his thrust toward his right, and as he thrusts in, thrust at his face with extended arm from you left above his right arm.

Item, position yourself in the guard of the right Ox, and note as soon as he thrusts in at you, and step with your left foot toward your left side out from his thrust, and follow quickly with your right foot out toward his right; and at the same time as this stepping let your blade run off toward your left, and snap around by that side into the guard of the left Ox. From there, thrust as before, as

he is thrusting in, over his right arm at his face; thus you hit as can be seen in the small figures in Image A on the previous page, and you stand in the Longpoint. This must take place quickly as he is thrusting in.

## **Throat Thrust [Gurgelstich]**

This thrust is carried out in many ways, one of which I will present thus:

In the Onset, when you find your opponent in the Irongate, then threaten to thrust from the left High Guard of the Ox outside over his right arm at his face, stepping out, yet such that you keep your hilt high. If you see meanwhile that he goes up with his hilt toward his right intending to send away or parry your thrust, then let your point drop beside his right shoulder, and go through or change through with your point under his right arm. At once deliver a thrust, actually completing it this time, inside his right arm up from below at his throat, so that as you send in your thrust the long edge stands below, the short edge upward, and after completing the thrust you have your weapon up in the Longpoint. Thus it is correctly executed; it must be done swiftly and suddenly.

## **Heart Thrust [Herzstich]**

The Heart Thrust can be done from above, from the middle, and from below in the work. Now among all of these, note here this way: If an opponent cuts from his right, then cut also from your right, across against his weapon; with this cut, step with your right foot well through under his blade toward his right, so that you catch his stroke on the forte of your blade, the nearer to his hilt and the higher in the air the better. And when the blades clash together, then turn the point inward at the left side of his chest, yet such that your blade remains on his, so that the short edge is turned onto his long edge; and thrust in, remaining on his blade, as shown by the large figures in Image G. In all this, note diligently if he intends to go away from your blade; as soon as you feel this, then turn your long edge back against his blade; thus remain on his blade with the slice, and continue forward against his body and meanwhile try to plant your weapon upon him according to your opportunity.

## **Groin Thrust [Gemechtstich]**

Do this thus: if an opponent cuts outside at your right thigh, knee, or lower leg, then catch his blade with a countercut from your left, stepping with your left foot well out toward his right. As soon as the blades connect, then step yet further to him with your right foot; meanwhile turn the point in and upward under his blade, and thrust at his groin.

Or if he initially thrusts at you from below, then step out sideways with your left foot, again toward his right, and send out his incoming thrust from your left toward your right with hanging blade. And as soon as your blade clashes on his, at once step forward to him with your right foot, and thrust under his blade at his groin as before.

## Reversed Thrust [Verkehrter Stich]

Although this can be begun in many ways, yet it always is ended in one way. Execute it thus: If your opponent stands before you in Straight Parrying or Irongate, then thrust at his face out of the right Low Guard straight up inside his weapon close to his blade, and as you thrust in, turn your long edge up against his blade and toward your left. If he pushes or sends your blade out toward his [read: your] right up or to the side, then let it snap around above back toward you, so strongly that your blade swings around down in by your left side and the point goes back up from below under his blade. Thrust thus with reversed hand beside his right arm under his blade, as you can see it in the small figures on the left in Image C.

In this thrust, the point must be planted upon him in the initial impetus of snapping around; otherwise the thrust is too weak. At once pull your weapon away to your left, and from there deliver a Defence Stroke through his right shoulder, face, or side, or let it snap around again, palm away from him, and thrust outside his right arm back at his face, so that as you thrust forth your palm stands above, and your short edge is turned against his weapon; in all this, lean your head well down toward your left out from his weapon. He must ward off and turn away this thrust; as soon as he does this, send the point around outside his arm, so that in going around you reverse your hand again as before, and thrust with reversed hand as before under his right arm at his body.

Follow up with the Defence Stroke as I have taught.

## Double Thrust [Doppel Stich]

The double thrust is a redoublement. A second thrust and step.

If an opponent encounters you in the Irongate straight before him, then thrust from the Low Guard from your right inside close to his weapon beside his hilt up at his face. Thus you compel him to go up with his hilt; as soon as you see that he goes up with his hilt to parry, then also lift up your hilt as you thrust in; transmute your Low Thrust into a high one, and thrust behind or beside his hilt from across at his body.

### **Another**

Or else thrust inside at his body; as soon as he intercepts the thrust with parrying, then turn the short edge in against his body, and let the blade run through under his arm toward your left side under his blade, and let it thus snap around by your left side in the air into the guard of the left Ox. From there thrust outside his right arm at his face, with a step out toward his right. These two thrusts shall run quickly one after the other.

Or thrust outside over his right arm at his face; if he turns out your thrust toward his right side, then let your blade at once snap around to your left back into the guard of the left Ox; step meanwhile with your left foot well behind your right arm [read: foot] to him toward his left side. Thrust thus from the left High Guard of the Ox inside his blade at his face, with a step forward on your right foot.

The thrusts can be doubled in many ways; you will hear more about it in the second part.

## **Deceitful Thrust [Verierte Stich]**

The deceitful thrust is a thrust disengage.

In the Onset, send a powerful thrust from the right High Guard of the Ox at his face; but as you thrust in, turn your thrust up from below with a broad step forward on your foot, and thrust under his hilt up at his belly. When you correctly reverse this High Thrust into a Low Thrust through the Rose, then it seems at first as if you were thrusting from above, then before he realizes it, you have hit below.

Item, if your opponent stands before you in the Irongate, then thrust inside his weapon up at his face without hitting, so that your blade snaps around again toward your right and into the right Ox. Act as if you intended to thrust at him outside over his right arm; but deceitfully change your thrust in the air, and thrust at him from above under his weapon inside at his face.

## **Flying Thrust [Fliegender Stich]**

The Flying thrust is a lunge. To practice, lunge high, mid and low. Stepping further forward on each step. Then recover back.

# **Part the fifth: Parrying**

## **Concerning Parrying and how many forms of it are particularly used in the rapier compared to other weapons**

Seven types of parrying are found here, called setting off, slicing off, going through, suppressing, hanging, barring, and sending out or away with upright and with hanging blade.

### **[Setting Off {Absetzcn}]**

Setting off is when, from one of the four guards, you turn the long edge against his weapon, and turn into the Longpoint.

Thus if you hold your weapon in the Low Guard on the right, and your opponent cuts or thrusts at you, then step out sideways from his weapon, and go forward with extended weapon up into the Longpoint, and catch his incoming thrust or cut on your long edge; and when you catch his cut, then meanwhile thrust in with the Longpoint. Do this from all four postures.

### **Slicing Off [Abschneiden]**

Do it thus: position yourself in the Low Guard on the right, and note as soon as your opponent



pulls up his hand to cut or thrust at you; then raise your weapon at the same time, and extend your hand and weapon from your right against his left; as you extend, drop your hilt to the level of your knee, or even lower if possible, so that your blade stands with the point somewhat up and forward; catch his blade on your long edge, and send it in the manner of a slice down before you toward your left. This also takes place on both sides.

## **Suppressing [Dempffen]**

Suppressing is derived from the High Cut, for that is essentially what it is. All other cuts can be suppressed and countered with this High Cut in the following way:

Position yourself in the Low Guard on the right; when he cuts at your left from his right from below or above, then note when he extends his arm for the stroke, and raise your weapon at the same time as him, yet such that as you raise it, your blade extends up away from you, and your hilt down toward you. With all this, step double out from his cut toward his left, and cut from above at his right following the vertical line, with the long edge and lowered hilt, along with a broad step forward on your right foot. Thus you hit on the forte of his blade, so that in this suppressing your upper body leans down after the cut well forward over your bent knee, and so that your hilt in going down somewhat precedes your blade toward the ground, with extended arm.

However, if he withdraws his blade out from under yours and sends back another cut at your right, then rapidly spring double with both feet well toward his right, and cut again from above outside over his right arm, in the same way as before, yet such that the cut follows his left vertical line, as the previous one followed his right line; and thus you hit on his forte.

Thus you can suppress with the High Cut from all the postures, until you so weaken and tire his arm that you can easily attack at his body.

## **Going Through [Durchgehn]**

This is when you go through under his blade to the other side as he sends his blade in, and then send away his incoming stroke from the same side, toward the side where you first held your weapon.

Thus if you hold your weapon in the Low Guard on the right, then note when he sends in his weapon for the thrust or cut, and rapidly send or transfer your blade through under his blade, hanging a bit toward the ground, toward your left side, and from there, slice off his incoming cut or thrust toward your right before he has fully completed it, so that with this slicing off you come back into the right Low Guard. And you can do this from all the postures on both sides.

## **Hanging [Verhengen]**

Hanging is the type of parrying where you send your hilt above your face with your arm extended forward and your blade hangs toward the ground, and you put off his thrusts or strokes with your flat to both sides. It is called hanging, because in this parrying your blade hangs before your face to protect it. And although it also is executed from all the postures, yet it is chiefly and most comfortably executed from the postures on the right side, in this way:

Position yourself in the Low Guard on the right; if your opponent thrusts or cuts at you, then step out toward his left with your left foot behind your right; follow quickly with your right toward him; at the same time go up with your hilt and send his blade away from your right toward your left on the flat of your hanging blade, as you can see in the two figures on the upper right in the following Image E.

## **Barring [Sperrren]**

Note if your opponent cuts outside at your right lower leg when you stand in the Irongate, then drop the point of your blade toward the ground, stretched straight out before your lower leg, and slip a bit sideways by stepping out from his cut toward his right, barring his blade so that he cannot come through.

Thus you can bar and hold off all cuts that he will cut through below. You will find barring described more fully in the treatise on the sword.

## **Striking Out with Hanging Blade [Auischlagen mit hangender Kling]**

This striking out follows from the barring, thus:

If an opponent cuts or thrusts straight to your lower body, then as he sends in his weapon, pull your right foot back to your rear foot, and at the same time lift up your weapon; thus cut out his blade down from above from your left toward your right, with extended weapon, yet such that the blade hangs somewhat downward.

Or position yourself high in the Longpoint; if your opponent thrusts at you below, then let your blade sink somewhat down from your left toward your right, and cut out his blade away to the side with lowered weapon between you and him; pursue quickly with your devices.

## **Taking out with the Short Edge [Auinemenmit halber Schneid]**

Position yourself in the Low Guard on the left, like the Change, so that the short edge stands toward your opponent. If your opponent thrusts toward your face, then take it out with the short edge strongly by slashing from your left up toward your right, so that your blade shoots back around above your head into the right Ox.

From there, thrust at his chest; and with this thrust, turn the long edge down, and come back into the left Low Guard. From there, take out again as before.

As you now have learnt to take out upward with the short edge, so you can also strike out upward with the long edge and with the flat; and this can be done from both low postures.