

# Oh Schnitt!

*Masters of Longsword, May 18th 2018*

Many people write off abschneiden as not working with blunt weapons. However, when executed properly the slice can actively disrupt an opponent's structure even through full sparring gear. This workshop will look at the structure of a good slice; the timing required to use the slice; and using pressure in the bind to create opportunities for slicing.

## 30 minute workshop

Concepts:

- Strong, not the weak
- Straight arms, not bent
- *Across* a line of force, not *against* it
- Nachreissen to get in
- Pressure in the bind to provoke

All exercises come from an initial close bind.

Exercise - Structure

- Start in the bind
  - Coach drives hands up (to rush in)
    - ◆ Fencer turns the sword under and makes the unterschnitt

Exercise - Timing

- Start in the bind
  - Coach cuts around with a twer
    - ◆ Fencer follows with the sword to the arms and makes the oberschnitt

Exercise - Provocation

- Start in the bind, fencer pushes the sword to create a stimulus
  - Fencer pushes across/out
    - ◆ Coach cuts round - oberschnitt
  - Fencer pushes forward to the head
    - ◆ Coach goes up - unterschnitt