

My Longsword Katas, Part 1

For details on these cuts, Refer to Longsword Notes from AnnArborSword.com and also bear in mind these items:

- a. Zwerchhau going to the right is a True Edge cut while Zwerchhau going to the left is a False Edge cut with the top hand curled under.
- b. The Zwerchhaus end approximately in Ochs on the right or left.
- c. The Zornhaus can end in Plugh on the right or left but the Zorn going down from your right side can continue on to stop in Meyer's position called *Change* (with your false edge to the rear). From there it's common to cut Unterhau right back up along the path the blade took coming down. Or you can continue beyond that on your left side swinging up behind you to complete a circle and cut downward with the false edge. I don't have a name for this, but it's a variation on the Squinter (Scheitelhau).
- d. Step forward, alternating left and right feet, one stride, rotating your hips/torso, with each cut. You can also do these cuts stepping backward, as a footwork practice, or sometimes when you don't have room for the forward step.
 1. Start in Chambered or Vom Tag. Strike Zornhau, Zwerchhau left, Zwerchhau right, Zornhau down to your right, Thrust at chest height stepping with right foot.
 2. From Chambered or Vom Tag, Zwerchhau left, Zwerchhau right, Long Point (thrust), Zornhau down to your right, Krumphau stepping out with right foot.
 3. From Ochs on the left side, Zwerchhau left, Zornhau right, step into Zwerchhau right to get into Ochs on the left side, but convert it to The Squinter.
 4. A very fancy sequence involving quick switches of grip. Start in Chambered or Vom Tag. Strike Zornhau, Zwerchhau left. At the end of that cut you're in right-side ochs. Quickly transferring your left hand onto the blade (half-swording), thrust at head height advancing the left foot only, then bring right foot forward to strike around with the hilt from high right at head height. At the end of this stroke transfer left hand back to hilt while sword swings into zwerchhau right (false edge cut). That swing through 180 degrees brings the pommel back to make it easy to resume the normal grip.