

DRILL FORMATTING FOR DSS CLASSES

I. FIXED DRILLS

A. Vier Versetzen Drill:

1. Teacher assumes random guards.
2. Student attacks each guard in turn with one of the Versetzen.
3. Student resets after each attack and waits for the teacher to change guard again.
4. If the student starts his attack before the teacher has moved into his guard the teacher must reset and start over.
5. In a more advanced version, the teacher attempts to strike the student if he moves too slowly.

B. Zornhau Drill:

1. Teacher attacks with an Oberhau.
2. Student counters with Zornort.
3. Teacher either:
 - a. Stays soft: Zornort works.
 - b. Displaces high: Student uses Zucken.
 - c. Displaces low: Student uses Durchwechselln
 - d. Remains hard: Student winds.
 - e. Abnehmen: Student counters with Zwerchau.
4. Repeat until all variations have been performed.

C. Nachreisen Drill

1. Teacher starts in Pflug, then pulls sword up for a stroke. Student responds by striking as he moves.
2. Teacher attacks short. Student strikes before he can recover.

D. Sprechfenster

1. Teacher and student go into a bind.
 - a. Teacher pulls back: Student thrusts.
 - b. Teacher Abnehmen: Student Zwerchau
 - c. Teacher doesn't act for set period: Student Duplieren.
2. Teacher in vom Tag, student in left Langenort.
 - a. Teacher binds with sword: Student Durchwechselln.
 - b. Teacher does Oberhau: Student Absetzen.

II. FREE DRILLS

A. Level One:

1. Teacher announces what attack he will use.

2. Student responds with a specified counter.
3. Repeat with different attacks and defenses.

Level One Example:

1. Teacher: Oberhau
2. Student: Zwerchau

B. Level Two:

1. Student attacks with a specified technique
2. Teacher counters with an announced technique.
3. Student counters the teacher's counter.
4. Repeat with different attacks and defenses.

Level Two Example:

1. Student is told to attack with an Oberhau.
2. Teacher responds with a Krumphau.
3. Student responds with a Winden.

C. Level Three:

1. Teacher announces what attack he will use.
2. Student responds with specified counter.
3. Teacher uses an unannounced response to student's counter.
4. Student counters teacher's response.
5. Repeat with other responses from teacher from the same group of plays.

Level Three Example:

1. Teacher: Oberhau
2. Student: Zwerchau
3. Teacher: Binds hard into student's cut
4. Student: Attempts neck Schnitt, changes to cross knock.

D. Level Four:

1. Teacher uses an unannounced attack.
2. Student counters with any technique.
3. Repeat with other responses from teacher from the same group of plays.

Level Four Example:

1. Teacher: Unannounced Oberhau to the legs.
2. Student: Uberlaufen.

E. Level Five:

This level is the same as Level Four except that the teacher will randomly displace the student's counter and the student must then respond with an

appropriate technique. As with Level Four, the teacher doesn't disclose anything he's going to do. It is essential that the student use only documentable techniques: One of the major points of this exercise is to teach the student to use only documentable techniques.

Level Five Example:

1. Teacher: Oberhau.
2. Student: Zwerchau.
3. Teacher: Bind student's point down.
4. Student: Durchwechseln.