**The first Guard will be known as High-Point, or Ox as the ancient will, and will hereupon be taken.**

By your head/

From the place of wrath/

This will service you first/

Take it above until you/ have control move after/

When thrusting from above take it against/

Remember this exactly/

Thrust, try to bind the point or go through/

In the same time and after

Be quick in the fight/

While in their fighting space/

From above and downwards deliver it to them

In all winds

Learn to thrust and/or cut from the windings as well as from center

Quickly thrust or slice

You will find this in all master swordsmen

**Das erſt gleger wirdt genant hochort oder ochs als die alten wellen vnd wirdt vil dar auſʒ gnummen**

wer dir ober haut /  
ʒorñ ort dem droet  
wirt ers gwar

nim obñ ab anefar /  
bis ſter / ker wider

wind ſtich ſichterſʒ oben nim es wider /

das eben mercke /

hau ſtich pindt leger waych oder hert /  
in des vnd darnach  
an hurt dem krieg ſey nit gach/  
wes der krieg raumet /

obñ nider wirt er geſchamet /

in allñ winden  
hau ſtich ſchnidt lere vinden /  
auch ſoltu mitte /  
breufen hau ſtich oder ſchnite /

in allen treffen  
wildu die maiſter ſchwechñ.

Wrath hew/ Crooked/Iron door

Head Squinter/ With Parting

Fools Position/

Following After/ Overrun/ Bash/ Last

Changing Through/ Pull/

Shoot Through

Cut Away/ Hand-Push/

Hang/ By Winding Around

Quickly Strike A Blow/

Stab While Stepping

**From the Four Openings**

Know the four openings/

Certain to all strikes delivery

As all things

With speed is how

**Breaking the Four Openings**

If You want to gather yourself

The Four Breaks skillfully Open/

Above double.

Below deliver justly

I tell you in truth/

Don’t let anger get the Better of you/ You must Strike him when due/

Zorñhau / krump / twer /  
hat ſchiler / mit ſchaytler /  
alber verſecʒt /

nach rayſen / vberlauf / hau / lecʒ /

durch wexl / ʒuck /  
durchlauff / abſchneidt / hendtruck /

heng / windt mit pleſſñ /  
ſchlach vach ſtraich /  
ſtich mit ſtoſſen

**Von 4 Pleſſen**

Vier pleſʒ wiſſe /  
ʒvraummen ſo ſchlechſtu gwiſſe /  
an alle far /  
wie er gepar

**Vier Pleſʒ prechñ**

Wildu dich rechen /  
die fier pleſʒ kunſtlich prechen/  
oben duplier  
vnden recht mutier /  
ich ſag dir furwar /  
ſich ſchucʒt kain man anfar  
haſtu mich vernumeñ /  
ʒu ſchlag mag er nit kumeñ

**IRON DOOR**

**The third guard will be known as the Iron Door, or the*Twir* after the ancients.** *(Does twir = tower or thwart?)*

Iron Door Quickly  
Whatever comes from the day  
Iron Door with the Strong  
Your Labor with which mark  
Iron Door To the Plow  
Deceive him with the Failer completely Then with Oxen guard  
Lunge at his head  
After he will move  
Turn forcefully  
Running through to wrestle  
The elbow, and spring in the Failer two times   
Strike him with power through the middle two times  
and he will meet his fate

**Eyſrñ portñ**

**DAS drit gleger wirt gnandt die eyſſrñ portñ oder die twir nach den altñ /**twir benimpt /  
waſʒ von tag her kumpt /  
twir mit der ſterck /  
dein arbait dar mit merck /  
twir ʒv dem pflug /  
ʒv dem ochſen gehort gfug  
waſʒ ſich wol twiret /  
dem haupt mit ſpringen gferet /  
feler ver fueret /  
nach wunſch er rueret /  
verkerer twingt /  
durchlauffen auch mit ringt /  
den elpogñ  
gwis nim vnd ſpring in die wag /  
feler ʒwifach /  
trift man den ſchnidt mit macht /  
cʒwifach es furpas /  
ſchreidt in linck pis nit laſʒ

**Which Lives On In our World**

**The From Nobody**

**Little Value**

Four guards for you

Hold and take the similar

Ox, Plow, Fool, From the day

Not be unknown to you

(after the ancient art) but to our *rabischen* and new art we have other interpretation

*(Gaurds*.) High-Point, Hangen, Iron Door, Plow, The Diverse Enemy

**Welcher lebt ycʒ auf erdt  
Der von nyemancʒ gſchendtwerdt**

Vier gleger allain /  
haldt vñ fleuch die gmain /  
ochs / pflhug / alber /  
von tag ſey dir nit vnmer

(nach der altñ art) aber nach vnſſer rabiſchñ neyen art hab wir ander nam wie wol ain pe / deuttung iſt / hochort / hangendtort / eyſñpartñ / phflug / die manigfeltig ſeind

**From Running Over**

Who attacks from under

Overrun to the inside securely

When it glints above

Then stand away, this I praise

You must work hard

or be doubly pressed with difficulty

**From Displacing**

Learn to Thrust

Skillfully stab to hurt him

Who on your point

His position breaks

From both sides of the body

Step all times if you want to do battle

**From Running through**

Running through the Hangin

With the Pommel if you want Wrench From His Hands

Use the strong against him

Remember running through

**From Changing Through**

Learn Changing Through

From both sides of him stab

Who on your point

Find a place to change through

**Von Vberlauffñ**

Wer vndñ ramubt /  
vberlauf den der wirt peſchambt /  
wan es glicʒt obñ /  
ſo ſtant ab / thu ich lobñ /  
dein arbait mach /  
oder hart truck cʒwifach

**Von abſecʒen**

Lere ab ſecʒen /  
hev ſtich keunſtlich lecʒñ /  
wer auf dich ſticht /  
ſeni ort prich /  
von peidñ ſeit / tñ /  
triff all mal wiltu ſtraittñ  
  
**Von durchlauff**

Durchlauffñ laſʒ hangñ /  
mit dem knopf greiff wildu ringñ /  
wer gegñ dir ſterckt /  
durch / lauffñ da mit merck

**Von durch wexl**

Durch wexl lere /  
von peidñ ſeittñ ſtich mit ſere /  
wer auf dich pindet /  
durch wexl in ſchir vindet

**From Cutting Away**

Cut away by stepping

From controlled lunges

With Force Find The Four Cuts

Under And Over

**From Pulling**

Step in close together

This is a good pulling position

Pull into you/ pull Powerfully

Work hard to hurt him

Pull in all Steps

All masters use this to open you

**From Running Through**

Run Through with Hangin/

With your Pommel wrench from his hands

Who will be against your strong

Remember to run through

**Von abſchneidñ**

Schneyd ab dye hertñ /  
von paydñ gefertñ /  
vier ſind der ſchnitte  
vndñ ʒwen obñ mitte

**Von Cʒuckñ**

Trit nahent in pund /  
Cʒuken gebñ gut fundt /  
cʒuck trift er cʒuck mer /  
arbait daſʒ thut im we  
cʒuck alle treffen /  
ſo du die maiſter wild offen

**VON durch lauflen**

Durch lauffñ las hangñ /  
mit deinem knopf greiff wildu ringen /  
wer gegñ dir ſterckt /  
durch lauffen da mit merck

**From Hanging**

In all Hanging Gaurds and Winds

The Point is always to the earth

Thrust, use caution and see if you can go through

**From Hand-Pushing**

You must change/

To win push his hand/

**Item; Two Devices of the Longsword, The First Device Is Called:**

Swing is Miss-placed

Run Through to wrestle

**The Other Device Is Called**

Run through don’t hang

With your Pommel hand wrench all away

By pull and push take to wrestling

**Von Hengñ**

Cʒway hengñ / werdñ /  
auſʒ yedem ort auf der erdñ /  
in allen gſerte /  
haw ſtich leger waych oder herte

**Von Hendtruckñ**

Dein ſchneid wend /  
ʒu flechñ truck ym die hendt

**TEM cʒwa ſtuck deſʒ langñ ſwercʒ / daſʒ erſt ſtuck haiſſet**

verkerer twingt /  
durchlauffer auch mit ringt.

**Daſʒ ander ſtuck haiſt**

durchlauf las hangñ /  
mit dem knopf greiff wildu rangñ /

auſʒ den cʒwaien ſtuckñ gen die acht ringñ