

## Class Outline

- 1) Time
  - a) Discussion of Tempo w/ examples
  - b) Use of Tempo
- 2) Measure
  - c) Discussion of Measure
    - 1) Measure Stretta
    - 2) Measure Largo
  - b) Use of Measure
- 3) Guards
  - a) General Discussion
  - b) Third
  - c) Second
  - d) Fourth
  - e) Second in Third
- 4) Counter Guards
- 5) Throwing the Thrust
  - a) Lunge discussion and drills
  - b) Pass discussion and drills
- 6) The Bind or Gaining the Sword – discussion and drill
  - a) Gaining the Sword in Measure
  - b) Gaining the Sword Outside of Measure to close Measure
- 7) Disengaging the sword (cave)
  - a) inside the sword
  - b) outside the sword
- 8) Wounding in Time
- 9) Voids
  - a) passing back the leg
  - b) voiding the body back
  - c) in quartata
- 10) Feints
  - a) feint in measure
  - b) Pass with feint in distance
- 11) Putting it Together
  - a) wounding securely
- 12) Basic Sword and Dagger

1. TEMPO

Tempo is the time it takes to complete any action.

Tempo can be long, short, or of any length.

Give examples of tempos, tempo of hand, foot, body, etc.

It is important to complete an attack with tempo of the same speed as that you are taking

2. MEASURE

a) Measure Stretta is the distance at which you can strike your opponent without moving your feet.

b) Measure Largo is the distance at which you can strike the opponent with a lunge

c) Using measure to control fight as a feint, to draw reaction from opponent, etc.

3. GUARDS

A) Terza (third) feet slightly more than shoulder width apart, on the balls of the feet

Rear foot rotated about 100 rotated degrees

Weight carried just in front of the rear foot (or for women over the rear foot)

Hips parallel to ground shoulders even and just above hips

Weapon hand extended about a hand width from body, off hand open and extended to about elbow of weapon hand

Quillions straight up and down, look at opponent through weak of blade

B) Seconda

Legs at same distance, rear foot to about 90 degrees, on the balls of the feet

shoulders held slightly forward of hip and hips held slightly forward of back foot

Raise weapon to about shoulder height, hand held palm down, keep shoulder relaxed

Tuck left elbow down and in slightly

Look at opponent through weak of blade

C) Seconda in Terza

Body just forward of rear foot, on the balls of the feet (as in Terza)

Right shoulders just forward of hips

lower sword to height of short ribs or natural waist

Hand held in same position as in Seconda

Look at opponent through weak of sword

D) Quarta

Rear foot to 100 degrees, on the balls of the foot

Shoulder held back of hips with hips held just before rear foot

Bring off hand up by side of head, elbow back to narrow profile

Weapon hand held palm up, weapon tip higher than hilt and look at opponent through weak of blade

4. COUNTER GUARDS

Discuss the counter guards and their use in attacks, allowing opponent to form guard while out of measure and then entering measure with counter guard

5. THROWING THE THRUST (LUNGE)

A) Describe the proper lunge

Lean body

Extend arm

Move foot

B) Describe a proper pass according to Giganti

C) Discuss the different uses for the lunge and the pass

6. GAINING THE BLADE

Describe gaining the blade and why it is done

Have students practice the action from both second and third

7. CAVE OR DISENGAGING THE BLADE

Describe the action and have students practice it. Stress importance of keeping the action small fast and controlled

Describe mezzo cave and have students practice

Describe counter cave and have students practice

8. WOUNDING IN TIME

Describe the process of wounding in time

A) class exercise

i) Patient on guard in third, Agent gains his blade in fourth from inside, Patient caves, agent turns wrist to second and lunges in time of cave

ii) Patient stands in guard in third, Agent gains blade in second from outside, Patient caves and

Agent turns wrist into fourth and lunges

iii) Patient stands in guard at edge of measure and takes a step into measure, Agent uses that time to attack on proper line with a pass

9. VOIDS

A) Drawing back the leg – describe action

Agent throws thrust to patient's lower leg

Patient withdraws target leg, extends arm and places point to Agent's face

B) Passing back the leg – describe action

Agent attacks Patient on inside line in fourth, Patient passes back the lead leg and counters with a lunge on the inside in fourth

C) Voiding the body back – describe action

Patient stands in third, agent attacks in fourth on inside line, Patient voids body back and once Agent's attack is spent responds with Measure Stretta attack in fourth

D) Iquartata – describe action

Begin with swords to the outside in second

Agent disengages and cave to the inside line in fourth and lunges

Patient turns sword to fourth, pivots on front foot moving rear leg around extending sword to strike agent in the body with opposition.

E) Counter to Inquarata

Begin with swords to the outside in second

Agent disengages and cave to the inside line in fourth and lunges

Patient turns sword to fourth, pivots on front foot moving rear leg around extending sword to strike agent.

Agent recave his sword under the Patient's, lowers the torso and strikes Patient in the face with opposition.

10. FEINTS

A) Describe a proper feint in measure – must be on an open line, must be enough to make opponent believe it, must be able to complete it as an attack if opponent does nothing

Both stand just in measure in fourth, agent caves to outside and feints, Patient reacts, Agent caves back to inside and completes lunge on inside in fourth

B) Describe feint out of measure with pass

Both stand outside of measure in second on outside line, Agent caves to inside line and feints, Patient reacts and Agent caves again to outside and attacks with pass in second

11. WOUNDING SECURELY

Both on guard to outside.

Agent throws to Patient's face

Patient parries to outside

Agent continues in with pass with sword under Agent's, bringing left hand over Agent's sword placing his point in Agent's upper body.

Secure attack from inside

Both begin on outside line

Agent caves to inside and throws to Patients face

Patient parries to inside

Agent closes with a pass placing off hand on opponents blade for opposition and drives point to body

12. BASIC SWORD AND DAGGER