

OSU's Medieval and Renaissance Studies
And the Society for Creative Anachronism Present
Fiore's Abrazare – Unarmed Combat



❖ **Overview**

- This is an ongoing class in the unarmed combat section from Fiore del Libro's historical combat manuals, circa 1400AD.
- We will be practicing drills and balance exercises at low contact – dance speed. This is **NOT** full contact combat.

➤ **Objectives:**

- **A&S Division I**– We are studying a period activity
- **Historical Martial Arts** – These guards and drills form the foundation for a wide variety of period combat, including single/two handed swords, dagger, spear, polearm, and wrestling
- **SCA Combat Applications** – We will explore applications allowed within the SCA Armored or Rapier combat rules

➤ **Rules**

- **Speed** – We will ALL be moving SLOWLY while doing these drills. Instructors may demonstrate some drills faster.
- **Contact** – *This is NOT COMBAT!* All drills and exercises will be done with light, handshake level contact. Techniques which lead to joint locks, strikes, or throws will STOP before the debilitating move.
- **Armor/Equipment** – No armor or equipment is required. For everyone's safety *hard armor may NOT be worn.*
- **Clothes** – Dress comfortably. Period clothing, while appropriate, is not required.

➤ **Resources**

- "A Sword in Two Hands" by Brian R. Price of <http://wwwscholasaintgeorge.com> is the source of most of this material

❖ **Contact the Teachers/Marshals**

- Marco Borromei – marco-borromei@columbus.rr.com

❖ **Drill Progression**

➤ **Building a Stable Combat Platform - Ellefante**

- **Footwork** – Advance/Retreat; Full/Half Turns of the Body [diagrams on reverse]
- **Guards/Posta** – Iron Gate, Long, Front, Boar's Tooth [diagrams on reverse]
- **Balance and Expending Energy**
 - Moving from one guard to another, students practice expending energy from the rear leg moving forward
 - Finding and exploiting the balance line through the hips
 - Palm to Palm balance game – paired students standing in Iron Gate press right palms together and take turns trying to push each other off balance, with or without moving
 - One Staff balance game – paired students standing in Iron Gate both grasp one staff horizontally. Without lifting the staff above belly level, they take turns trying to push each other off balance, with or without moving
 - Two Staves balance game – paired students standing in Iron Gate both grasp the ends of two staves horizontally. Without lifting the staff above shoulder level, they take turns trying to push each other off balance, with or without moving

➤ **Unarmed Attacks and Defense – Abrazare**

- **Overhand strike 1:** Both begin in **Porta di Ferro**. Student A steps towards Student B while making an overhand strike down at B's head, fist or dagger style. B responds with **Posta Frontale**, stopping the strike, and a Tutta Volta step past A's balance and position for a throw or joint lock.
- **Overhand strike 2:** Both begin in **Porta di Ferro**. Student A steps towards Student B while making an overhand strike down at B's head, fist or dagger style. B responds with **Posta Longa**, stopping the strike, and a Tutta Volta step past A's balance and position for a throw or joint lock.
- **Face strike 1:** Both begin in **Porta di Ferro**. Student A steps into **Posta Longa** towards Student B while making a straight punch to B's face. B responds with **Posta Frontale**, stopping the strike, and a Tutta Volta step past A's balance and position for a throw or joint lock.
- **Face strike 2:** Both begin in **Porta di Ferro**. Student A steps into **Posta Longa** towards Student B while making a straight punch to B's face. B responds with **Posta Dente di Chighaile**, stopping the strike, and a Tutta Volta step past A's balance and position for a throw or joint lock.
- **Side Head strike:** Both begin in **Porta di Ferro**. Student A steps into **Posta Longa** towards Student B while making a backhand slap to B's face. B responds with **Posta Dente di Chighaile**, stopping the strike, and a Tutta Volta step past A's balance and position for a throw or joint lock.
- **Chest strike or Grasp:** Both begin in **Porta di Ferro**. Student A steps into **Posta Longa** towards Student B while making a punch or grasp to B's chest. B responds with **Porta di Ferro**, stopping the strike, and a Mezza Volta step around A's balance and a serpentine grasp around A's arm[s]

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❖ Footwork

- Starting foot positions are **OUTLINED** in a box
- These are basic steps which have several variations
- All steps are depicted with the Right foot forward but should be drilled with the Left foot forward as well
- Steps should be small enough to remain balanced

<p>Advance [Acressare] Moving forward</p>	<p>Retreat [Decressare] Moving backwards</p>	<p>Whole Turn [Tutta Volta] Larger movements forward and back Can be done off either foot, in either direction</p> <p>Forward</p> <p>Back</p>	<p>Half Turn [Mezza Volta] Turning to face a moving opponent</p>
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❖ Guards [Posta]

- These guards are body positions which emphasize **balance/stability** [ellefante]
- These guards are starting/ending points for attacks and defenses
- All guards will be drilled with either the Right or Left foot forward
- These guards are foundational and directly related to sword/spear/dagger/polearm combat

<p>Iron Gate [Porta di Ferro]</p>	<p>Front or Crown [Frontale]</p>	<p>Long [Longa]</p>	<p>Boar's Tooth [Dente di Cinghiale]</p>
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