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) inquartata
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 with 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 lungs 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, gent 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 patients lower leg
Patient withdraws target leg, extends arm and places point to Agents 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 Patients' face
Patient parries to outside
Agent continues in with pass with sword under Agents, bringing left hand over Agents sword placing his point in Agents 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