

Virtual Fiore Book Club

Grappling/Abrazare

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Getty Pages 6r-8r

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<https://meet.google.com/pas-rbng-meh>



Sources used

- Images from Getty Museum

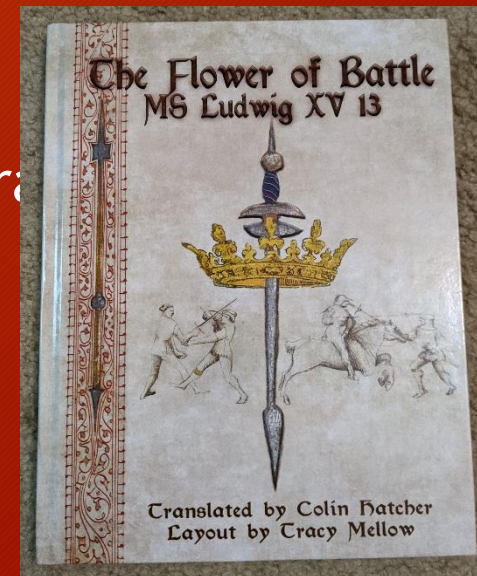
<http://www.getty.edu/art/collection/objects/1443/unknown-fiore-furlan-dei-liberi-da-premariacco-il-fior-di-battaglia-italian-about-1410/>

- Translations by Colin Hatcher

The Flower of Battle: MS Ludwig XV13 by Colin Hatcher (Translator), Tracy Mellow (Designer), ISBN-13: 978-0984771684

or: https://wiktenauer.com/wiki/Fiore_de%27i_Liberi

- Alternative translations/names are sometimes inserted and play instructions are highlighted



Fiore's Grappling/Abrazare

- Four postas (Getty pg 6r)
 - Share names with similar longsword postas
- Sixteen plays (pg 6v-8r)
- Four short staff plays (pg 8v)

Posta 1: (6r-a) Posta Longa/Long Guard



I am named the **Long Guard (*Posta Longa*)** and I seek you like this. And in response to the first grapple that you attempt on me I will bring my right arm up under your left arm. And I will then execute the first play of Grappling. And with that lock I will force you to the ground. And if that lock looks like it will fail me, then I will switch to one of the other locks that follow

Posta 2: (6r-b) Dente di Zengiar/ Boar's Tusk / Boar's Tooth



I counter you with **Boar's Tusk** (*Dente di Zenghiaro*). And with this move I am sure to break your grip. And from this guard I can transition to *Porta di Ferro*, which will force you to the ground. And if my plan fails me because of your defense, I will seek other ways to hurt you, for example with breaks, binds and dislocations, as you see depicted in these drawings.

Posta 3: (6r-c) Porta di Ferro/Iron Gate



I wait for you without moving in *Porta di Ferro*, ready to grapple with all of my skill. And this guard can be applied not only in the art of grappling, but also in the art of the Spear, the Poleaxe, the Sword, and the Dagger. For I am *Porta di Ferro*, full of danger. Those who oppose me will always end up in pain and suffering. And as for those of you who come against me trying to get your hands on me, I will force you to the ground.

Posta 4: (6r-d) Posta Frontale/Forward Guard



I am named the **Forward Guard (*Posta Frontale*)**, used to get my hands on you. Now if I come against you in this guard, you may lay hands on me. But I will then move from this guard, and with skill I will take you down to *Porta di Ferro*. Then I will make you suffer as if you had fallen into the depths of hell. And I will serve you so effectively with locks and dislocations, that you will quickly acknowledge my superiority. And as long as I don't forget my skills, I will gain my superior holds.

Plate 1: (6v-a) Remedy Master



This is the first play of *Abrazare* and from every grappling guard you can arrive at this play, and from this position, proceed as follows: **jam his right inside elbow with your left hand, and bring your right hand up behind and against his left elbow as shown.** Now quickly make the second play, that is to say, having gripped him like this, **turn your body to the left**, and as a result he either goes to the ground or his arm will be dislocated.

Plate 2: (6v-b) 1st Student, Counter and Counter-counter



As the Scholar of the First *Abrazare* Remedy Master says, I am certain to put this man to the ground, either by **breaking or dislocating his left arm**. And if our opponent were to take his left hand off your shoulder in order to make a defense, then I will **quickly let go of his right arm with my left hand and instead seize his left leg with my left hand, and grip his throat with my right hand** in order to throw him to the ground, as you see depicted in the third play.

Plate 3: (6v-c) 2nd Student



The scholar that came before me speaks truly that from his hold he will force his opponent to the ground or dislocate his left arm. As he told you, if the opponent (*Zugadore*) takes away his left hand from the shoulder of the Remedy Master, then the Remedy Master transitions to the Third Play, as you see depicted here. Thus, the First play and the Second play are really one single play, where the Remedy Master forces the *Zugadore* to the ground with a turn of his body, while in this Third play the *Zugadore* is thrown to the ground onto his back.

Plate 4: (6v-d) 3rd Student



This is the Fourth Play of *Abrazare*, by which I can easily force the *Zugadore* to the ground. And if I cannot force him to ground like this, I'll need to seek other plays and techniques and use other methods, as you will see depicted below. You should know that the plays and the techniques will not always work in every situation, so if you do not have a good hold, you should quickly seek one, so as not to let your opponent gain any advantage over you.

Plate 5: (7r-a) 4th Student



This grip that I make with my right hand at your throat will bring you pain and suffering, and with it I will force you to the ground. Also let me tell you that if I seize you under your left knee with my right hand, I will be even more certain of driving you into the ground.

Plate 6: (7r-b) Counter Master to 4th and 6th Students



I am the counter of the Fifth Play that is shown earlier. And let me explain that if **with my right hand I push up the elbow of his hand that seeks to harm me**, I will turn him in such a way that **either I will force him to the ground**, as you see here depicted, or I will gain a hold or a lock, and so I will have little concern for his grappling skills.

Plate 7: (7r-c) 5th Student



From this hold that I have gained, and by the way I hold you, I will lift you off the ground with my strength and throw you down under my feet head first with your body following. And as far as I am concerned, you will not be able to counter me.

Plate 8: (7r-d) 6th Student and Counter



When I press my thumb under your ear you will feel so much pain that you will go to the ground for sure, or I will make other hold or lock that will be worse than torture for you. The counter that can be made is the Sixth play made against the Fifth Play when you put his hand underneath his opponent's elbow and push up. This counter can certainly be done to me here.

Plate 9: (7v-a) 7th Student



You seized me from behind in order to throw me to the ground, and I turned like this. And if I fail to throw you to the ground you will have a lucky escape. This play is a good finishing move, but unless this is done quickly, this remedy will fail.

Plate 10: (7v-b) 8th Student



This is a play that involves a **throw over the leg** [*Gambarola*] which is a risky move in grappling. So if you want to make this leg throw successfully, you will need to **do it with power and speed**.

Plate 11: (7v-c) 9th Student and counter



This is a finishing move and it is a good way to hold someone, because they cannot defend themselves. For the counter, the one who is being held should move as quickly as he can over to a wall or a post and drive himself backwards against it so that the man holding him breaks his head or his back against the aforementioned wall or post.

Plate 12: (7v-d) 10th Student and counter



This student strikes his opponent with a **knee to the groin** to gain advantage in order to throw him to the ground. To make the counter, when your opponent comes in quickly to strike you in the groin with his knee, **seize his right leg under the knee with your right hand**, and throw him to the ground.

Plate 13: (8r-a) 11th Student and counter



If you seize me with both your arms underneath mine, I will strike with both my hands into your face. And even if you were well armored this would still make you let go. The counter of this play is to place your right hand under the left elbow of your opponent and push hard upwards, and you will be able to free yourself.

Plate 14: (8r-b) Counter to 11th Student



This shows how I make the counter to the thirteenth play. As you can see his hands have been removed from my face. And from this hold, if I fail to throw him to the ground I will be worthy of your disdain.

Plate 15: (8r-c) 12th Student



If you come to grips with both your arms underneath your opponent's, then **you can attack his face** as you see depicted, especially if his face is not protected. You can also transition from here into the third play of grappling.

Plate 16: (8r-d) Counter Master to 12th Student



This is the counter to the fourteenth play, and to any other play where my opponent has his hands in my face while grappling with me. If his face is unprotected, I push my thumbs into his eyes. If his face is protected, I push up under his elbow and quickly move to a lock or a bind.

Short Staff/Baton Plate 1: (8v-a) 1st Student



See how with a short **staff** I **hold you bound by your neck**. And from here if I wish to throw you to the ground I will have little trouble doing so. And if I choose to do worse to you I can keep this strong bind applied. And you will not be able to counter this play.

Plate 2: (8v-b) 2nd Student



If you were well armored then I would prefer to make this play against you than the previous one. Now **that I have caught you between your legs with the short staff**, you are stuck riding it like a horse, but you won't be trapped like this long before I turn you upside down onto your back.

Plate 3: (8b-c) 3rd Student and counter



Text incorrectly says “sixth”

I am the Student of the Eight Dagger Remedy Master, who counters in this way with his dagger. And it is in his honor that I make this cover with my short staff. And from here I will rise quickly to my feet and I will make the plays of my Master. And this cover that I have made with a short staff can also be done with a hood. And the counter to this move is the same counter shown by my Master [in the dagger section]

Plate 4: (8v-d) 4th Student and counter



Text incorrectly says “eighth”

I have taken this remedy from the Sixth Remedy Master of the Dagger, and I can defend myself armed only with this short staff. And having made this cover I rise to my feet, and I can then make all of the plays of my Master. And I could defend myself in this way equally well with a hood or a piece of rope. And the counter to this move is the same counter shown by my Master.

Bibliography - The Manual Itself

Il Fior Di Battaglia: MS Ludwig XV 13, Fiore Dei Liberi , ISBN 978-9527157114, \$30. [Buy it on Amazon](#) Facsimile of book with original Italian

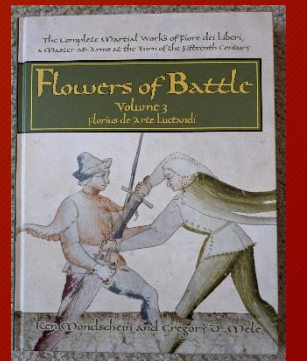
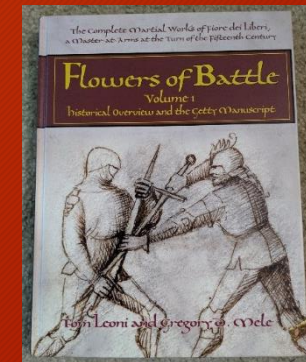
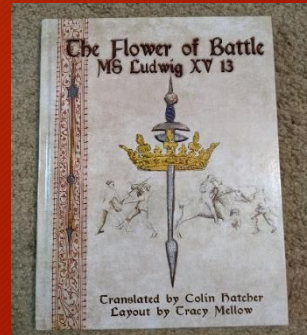
The Flower of Battle: MS Ludwig XV13, Hatcher, Colin and Mellow, Tracy, ISBN 978-0984771684, \$40. [Buy it on Amazon](#) Fiore's manual with text replaced by typed English in similar font.

Flowers of Battle: The Complete Martial Works of Fiore dei Liberi

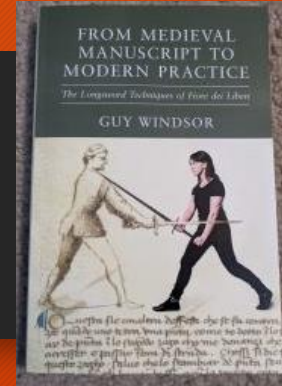
- [Volume One: The Getty Manuscript and Historical Context](#), ISBN: 978-1-937439-18-7, \$125.
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Buy at freelanceacademypress.com. Each page presented as a facsimile with translation on opposite page, plus lots of background information

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Mastering the Art of Arms Series by Guy Windsor

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Vol. 2: *The Medieval Longsword*, ISBN: 978-9526819327, \$30. [Buy it on Amazon](#)

Vol. 3: *Advanced Longsword: Form and Function*, ISBN: 978-9527157060, \$30. [Buy it on Amazon](#)

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Website: [LearnFiore.org](https://www.learnfiore.org)

YouTube channel:

https://www.youtube.com/channel/UCm_ZYLv4GLH4deU5NXXhUWQ

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Virtual Pennsic University

Posted on July 18, 2020 by LearnFiore

With the SCA's largest annual gathering, Pennsic, canceled for 2020 due to Covid-19, various virtual partial replacements are being set up.

Pennsic University is being virtualized as a temporary YouTube channel that people can submit videos to. We have submitted a merged version of our Applying Fiore to SCA Combat videos (our group's channel has it in two parts, VPU will have it in one part). There should be lots and lots of other cool classes on all areas of interest to the SCA. [You can find VPU on YouTube here.](#)

Quote The Master:
"I am the sword and I am lethal against any weapon; lances, axes and dagger are worthless against me.... Come against me and feel the pain."


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1:31



1:05



1:31



2:12

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4:14



3:13



16:17

Practice and Drills

Using Fiore in SCA Combat

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Next meeting

Fiore's Dagger part 1

Getty Pages 9r-11r

7pm Eastern, February 7, 2021

<https://meet.google.com/keb-iyvh-kes>

