

Longsword for Lovers (Fiore Longsword)

Class Outline

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LearnFiore.org

Twelve longsword postas/positions/guards

Tutta Porta di Ferro/Full Iron Gate
Porta di Ferro Mezzana/Middle Iron Gate
Dente di Cinghiaro Lo Mezzano/Middle Boar's Tooth
Dente di Cinghiaro/Boar's Tooth
Posta di Coda Longa/Long Tail Position
Posta di Donna (destra)/(Right) Woman's Position
Posta di Donna la Sinestra/Left Woman's Position
Posta di Fenestra (destra/sinestra)/Window Position (left or right)
Posta Breve/Short Position
Posta di Bicornio/Two-horned Position
Posta Longa/Long Position
Posta Frontale/Frontal Position

Fiore's simplest (1 choice) longsword decision tree

Swords at grips, thrust or disengage and thrust

Guy Windsor's Cutting Drill (see *The Medieval Longsword* or *Advanced Longsword*)

1. Begin in posta di donna destra.
Start in right side woman's position
2. Cut mandritto fendente through longa to dente di zenghiaro, passing.
Step forward delivering a cut from your upper right to your lower left ending in Boar's Tooth
3. Cut roverso sottano to longa, false edge, passing.
Step forward delivering a rising cut from the lower left to upper right using false edge
(This is the inverse of step 2.)
4. Go to donna destra.
Return to right side woman's position
5. Cut mandritto fendente to longa.
Deliver a falling cut from the upper right, stopping at Long position
6. Go to donna la sinistra.
Recover to left side woman's position
7. Cut roverso fendente to tutta porta di ferro.
Deliver a cut falling from the upper left to the lower right ending in Iron Gate
(Step 2 repeated, but from the left side)
8. Cut mandritto sottano to longa, false edge, passing.
Step and deliver a rising cut from the lower right with the false edge
(Inverse of step 7)
9. Go to donna la sinistra.
Return to left side woman's position
(where we started in step 6)
10. Cut roverso fendente to longa, passing.
Step and deliver a falling cut from the left and stopping at Long position

Longsword Posta Flash Cards & Drills

Longsword flash cards

Shuffle the cards for each of the following drills.

Memorization drills

- (a) Learn the names - looking at the image side of the cards, say the name of the posta
- (b) Identify the stance - looking at the name side of the cards, describe the guard.

Solo attack and flow drill

Select two cards.

Stand in the stance from the first card.

Step forward, deliver a strike to your imagined opponent and flow cleanly into the second stance.

Choose a new second card, start from your previous end point and strike into the new stance.

Continue, reshuffling the cards once you've run through the deck.

Purpose: Teaches the fighter to move effectively from any guard to any other.

Variations:

- Perform this drill while turning or retreating.
- If you can have a second person read the cards to you while you perform the drill, you can avoid the stopping and starting that selecting a new card entails and have a smoother, more combat appropriate, flow.

Pair combat drill

Each fighter selects a random card and assumes the stance on the card.

In slow motion, fighter 1 demonstrates an attack from his stance against the most open area on fighter 2.

Fighter 2 slowly reacts with an appropriate response considering strong parry, weak parry, or voiding options.

Continue for several actions. Discuss and demonstrate alternatives.

Reset to initial positions and let fighter 2 initiate combat and fighter 1 react.

Repeat with two new cards.

Purpose: Teaches the guards that work well together and the guards do not. (the "rock-paper-scissors" of the style.) This also develops the skill of identifying attack options.

Variations:

- Add initial range to the drill. Create cards labeled "stretto/short" and "largo/long" and randomly select one for your pairing. Stretto represents a close range situation you have reached in mid-fight. Largo is a wider spacing and could be an initial situation, or a position you have reached after a brief break in combat. SCA fighters could use cards that say A, B, or C instead if that terminology is more comfortable.
- Consider only options that maintain the initial range
- Consider only options that change the initial range
- Use two card decks so that both fighters may occasionally use the same stance.
- If one or both of the fighters intends to adapt the techniques to a full speed combat application (e.g. SCA armored or rapier combat), discuss any moves that are not allowed in that application's ruleset and alternatives that are allowed.