

Fiore Armored and Dagger Posta Flash Cards

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LearnFiore.org



Assemble your flash cards: Print the last two pages. Cut into 12 cards. You can print directly to card stock doublesided or tape/glue the words and pictures to index cards. Separate the 6 armored posta cards from the 5 dagger posta cards and range card.

Shuffle the cards for each of the following drills.

Memorization drills

- Learn the names - looking at the image side of the cards, say the name of the posta
- 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. Using the card labeled "stretto/short" and "largo/long", 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.

*Posta Breve La
Serpentina
Short Serpent Position*

*Posta Di Vera Croce
True Cross Position*

*Posta Di Serpentino
Soprano
High Serpent Position*

*Posta Sagitaria
Archer's Position*

*Posta De Croce
Bastarda
Bastard Cross Position*

*Porta Di Ferro
Mezzana
Middle Iron Gate*

*Tutta Porta Di Ferro
Sempia
Full Iron Gate - Simple*

*Mezza Porta Di Ferro
Doppia et Incrosada
Half Iron Gate Doubled
and Crossed*

*Mezzana Porta Di
Ferro Doppia
Middle Iron Gate -
Doubled*

*Tutta Porta Di Ferro
Incrosada
Full Iron Gate -
Crossed*

*Tutta Porta Di Ferro
Doppia
Full Iron Gate -
Doubled*

*Zogho stretto
Close Range
(able to grapple)*



*Zogho largo
Long Range
(unable to grapple)*

