

# Fiore Posta Flash Card Drills

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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.

*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. 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.

Thanks to Baron Aiden of Kingswood who served both as a photographer and a stance model.

*Tutta Porta di Ferro*  
*Full Iron Gate*

*Porta di Ferro*  
*Mezzana*  
*Middle Iron Gate*

*Dente di Cinghiano*  
*Boar's Tooth*

*Dente di Cinghiano*  
*Lo Mezzano*  
*Middle Boar's Tooth*

*Posta di Coda Lunga*  
*Long Tail Position*

*Posta di Fenestra*  
*Window Position*

*Posta di Donna*  
*Woman's Position*

*Posta di Donna la*  
*Sinistra*  
*Left Woman's Position*

*Posta Breve*  
*Short Position*

*Posta Longa*  
*Long Position*

*Posta di Bicorno*  
*Two-horned Position*

*Posta Frontale*  
*Frontal Position*

