

Fiore di Liberi Intro and Review

Class Glossary and Outline

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LearnFiore.org

Intro

Tir-y-Don Fiore Study Group Introductions
LearnFiore.org – Files, Pictures, Links, Videos
Today's Fiore Track classes

History

Surviving Original Publications
Modern Publication

Basics

Stance

Posta/Position – possibly brief stopping point between two strikes

Steps

Passare/Pass - rear foot moves forward reversing stance
Retornare/Return - front foot moves backward reversing stance
Accessere/Increase - shift one foot further from the other
Discessere/Decrease - shift one foot closer to the other

Volta/Turns

Volta Stabile/Stable Turn - rotate 45 degrees on balls of feet without moving
Mezza Volta/Half turn - pass or return with one foot and rotate body
Tutta Volta/Full turn - pivot on the ball of one foot moving the other in a circle around it while rotating the body as well.

Zogho/Distance or Measure

stretto/short (grappling possible), largo/long (no grappling)

Strikes

Fendente – cut from above
Mezzano – horizontal cut
Sottano – rising cut
Mandritto – blow from right side
Riverso – blow from left side

Masters & Scholars

Learning Fiore

Plays
Katas
Flashcards

Fiore's Approach

Counter Tempo
Voids
Weak (deflecting) parries

Longsword Postas