

Exercises for the practice of Saviolo's fundamentals from the first ward.

Agents of the drill are the Active Agent who starts the sequence and the Patient Agent who responds.

Drill 1 - Circle Stepping with Thrusts

AA and PA begin with blades cross at mid point in Saviolo's first ward[1].

Active Agent: Step with the right foot about 45 from the centerline to the right.
Prepare sword for stocatta thrust[2] to the belly.
Bring back foot around back into position behind right and use turn to power the thrust.

Patient Agent: As AA's left foot move and and the thrust comes in:
step with the right foot about 45 from the centerline to the right.
Deflect thrust down and to the left with the left hand.
Once safe and in control:
Prepare sword for stocatta thrust to the belly.
Bring back foot around back into position behind right and use turn to power the thrust.

Active Agent: As AA's left foot move and and the thrust comes in:
step with the right foot about 45 from the centerline to the right.
Deflect thrust down and to the left with the left hand.
Once safe and in control:
Prepare sword for imbrocata thrust[3] to the chest or face.
Bring back foot around back into position behind right and use turn to power the thrust.

Patient Agent: As AA's left foot move and and the thrust comes in:
step with the right foot about 45 from the centerline to the right.
Deflect thrust down and to the left with the left hand.
Once safe and in control:
Prepare sword for imbrocata thrust[3] to the chest or face.
Bring back foot around back into position behind right and use turn to power the thrust.

Active Agent: As PA's left foot move and and the thrust comes in:
step with the right foot about 45 from the centerline to the right.
Deflect thrust down and to the left with the left hand.
Once safe and in control:
Prepare sword for imbrocata thrust[3] to the belly.
Bring back foot around back into position behind right and use turn to power the thrust.

Patient Agent: Respond as above and contine.

Drill 2 – Thrusts vs Cuts (including that damn cross blow)

AA and PA begin with blades cross at mid point in Saviolo's first ward[1].

Active Agent: Step with the right foot about 45 from the centerline to the right.
Prepare sword for stocatta thrust[2] to the belly.
Bring back foot around back into position behind right and use turn to power the thrust.

Patient Agent: As AA's left foot move and and the thrust comes in:
Step with the right foot behind the left.
With the turning of the body
Deflect thrust down and to the right with the left hand.
Cut to the head of the Active Agent from the left to the right (Cross Blow)

Active Agent: Stop or deflect blow to the head.
Step forward with the left foot.
Circle the hand around with a thrust imbrocatta to the chest of the PA.

Patient Agent: As AA's foot moves and and the thrust comes in:
Step with the left foot behind the right.
With the turning of the body
Deflect thrust up and to the left with the left hand.
Cut to the head of the Active Agent from the right to the left (Mandritta)

Active Agent: Stop or deflect blow to the head.
Step forward with the right foot.
Circle the hand around with a thrust stocatta to the belly of the PA.

Repeat until patient agent runs out of room.

Drill 3 – Inclusion of a Downright Blow.

AA and PA begin with blades cross at mid point in Saviolo's first ward[1].

Active Agent: Step with the right foot about 45 from the centerline to the right.
Prepare sword for stocatta thrust[2] to the belly.
Bring back foot around back into position behind right and use turn to power the thrust.

Patient Agent: As AA's left foot move and and the thrust comes in:
step with the right foot about 45 from the centerline to the right.
Deflect thrust down and to the left with the left hand.
Once safe and in control:
Prepare sword for imbrocatta thrust to the face.
Bring back foot around back into position behind right and use turn to power the thrust.

Active Agent: As PA's left foot move and and the thrust comes in:
step with the right foot about 45 from the centerline to the right.
Deflect thrust up and to the left with the left hand.
Once safe and in control:
Prepare sword for imbrocatta thrust to the face.
Bring back foot around back into position behind right and use turn to power the thrust.

Patient Agent: As PA's left foot move and and the thrust comes in:
Step back and right at about 45 degrees
Swing deflected Imbrocatta into a down right blow to the AA's head.

Active Agent: Turn right foot to point toward PA.
Lift left hand to deflect blow if distance not cleared by following turn.
Prepare sword for thrust stocatta to the belly of the PA.
Bring left foot behind right to make a T and use turn to power the thrust.

While this is slightly different, the PA should be able to respond as above to the Stocatta and continue the sequence.