



## Abrazare: the Medieval Wrestling of Fiore dei Liberi

Welcome to the course! We have included everything you need (other than a partner and a place to practice) to learn Fiore's abrazare plays, and to develop some wrestling skill. Every student comes to the course with different goals, skills, and limitations, so we have organised the course such that you can create the class you need right now from the materials on offer.

Someone with a purely academic interest could simply watch all of the technical videos in sections 2-7 without practising at all, but we have assumed that you want the course to guide you in developing the ability to apply the techniques.

You certainly can just work through all the videos in order, but that will only be optimal for a limited subset of the students enrolled. So here is what you should do.

Start with the Introduction section. That is not optional, because it contains the safety briefing, and instruction on how to fall.

Work through Section 2: plays 1-6. This will give you a basic grounding in the basic choreography of these fundamental plays from Fiore's system.

Then decide whether you want to add more breadth, or more depth. Breadth is learning new techniques; depth is developing skill in techniques you already know.

For depth, study Section 8: How to Train.

For breadth, keep working through the course as written (so, Section 3: plays 7-16; Section 4: the Bastoncello, etc.).

Then build each training session according to this pattern:

1. Warm up. Be mindful of any limitations, and go gently.
2. Play a little, such as with the Standing Step Drill (08.01) or the Unarmed Flowdrill (01.08), or any of the games from Section 8.06
3. Add any breadth you want (such as going to the next technical video)
4. Play a little more, with games from Section 8.
5. Repeat steps 3-4 until you run out of time
6. Add conditioning training at the end if you need to get fitter faster (strength, stamina, etc.)

When you've completed the whole course, the work really starts. Pay special attention to the video on the Optimal Rate of Failure (08.02) and apply that mode of practice to the plays and techniques you have learned. Gradually incorporate more intense play.

Above all, always:

**FINISH TRAINING HEALTHIER THAN YOU STARTED IT**

No injuries, ever.

Have fun!

Guy Windsor and Jessica Finley

## Section One: Introduction

- 01.01 Introduction: who are we? And what is medieval wrestling?
- 01.02 Safety briefing
- 01.03 Equipment
- 01.04 A gentle warmup
- 01.05 Falling Practice: on a hard surface
- 01.06 Falling Practice: falling on mats
- 01.07 Mechanics: how arms break and people fall.
- 01.08 The Unarmed Flowdrill
- 01.09 Fiore's introduction: the eight things
- 01.10 Downloads: Abrazare plays 1-20; this Course Plan;

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## Section Two: Fiore's Guards and first Six Plays of Abrazare

- 02.01 A less gentle warm-up
- 02.02 The four guards
- 02.03 The first two plays: the Remedy Master and the Hyperextension
- 02.04 Third play: What to do if the target changes, Takedown
- 02.05 Fourth play: What to do if the other leg is forward
- 02.06 Fifth play: What to do if both hands are down (the Bear Hug)
- 02.07 Sixth play: Counter to the fifth play: push the elbow
- 02.08 The first six plays as a unit
- 02.09 Alternative ways to enter the plays

### **Section Three: Plays 7 to 16 of Abrazare**

- 03.01 An even less gentle warm-up
- 03.02 Seventh play: a crossed leg lift
- 03.03 Eighth play: thumb under the ear
- 03.04 Ninth play: escape from a rear hold
- 03.05 Tenth play: the Gambarola
- 03.06 Eleventh play: the Full Nelson
- 03.07 Twelfth play: knee to the groin
- 03.08 Thirteenth play: the nose smash
- 03.09 Fourteenth play: counter to the nose smash
- 03.10 Fifteenth play: hands to the face
- 03.11 Sixteenth play: eye gouge

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### **Section Four: the Bastoncello**

- 04.01 What is a bastoncello?
- 04.02 Seventeenth play: neck lock
- 04.03 Eighteenth play: leg lift
- 04.04 Nineteenth play: low parry against the dagger
- 04.05 Twentieth play: high parry against the dagger

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### **Section Five: Abrazare techniques from Fiore's Dagger section**

- 05.01 Three ligadure: soprana, mezana, and sottana
- 05.02 Ligadura mezana
- 05.03 Ligadura sottana

## Abrazare Course Plan

- 05.04 Ligadura soprana
- 05.05 The ligadure unarmed
- 05.06 1st master takedown
- 05.07 3rd master takedown
- 05.08 9th master throw
- 05.09 1st master leg-lift
- 05.10 5th master leg-lift
- 05.11 Breaking grips

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### Section Six: Abrazare techniques from Fiore's Longsword sections

- 06.01 Sword in One Hand: ligadura mezana; elbow push; takedown
- 06.02 all the Sword in One Hand plays (from The Medieval Longsword course)
- 06.03 Sword in Two Hands: ligadura mezana and counters
- 06.04 all the Sword in Two Hands Zogho Stretto plays

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### Section Seven: Borrowing from the German sources

- 07.01 What's missing?
- 07.02 Over-shoulder throws
- 07.03 Sacrifice throws
- 07.04 Leg sweeps
- 07.05 Groundwork

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### Section Eight: How to Train

- 08.01 The Standing Step Drill

## Abrazare Course Plan

08.02 The Optimal Rate of Failure

08.03 Using the Standing Step Drill

08.04 Using the Unarmed Flowdrill

08.05 Safe Play

08.06 Games: Sailor's Wrestling; Frog Wrestling; Gambarola play; High-Low; Little Hole; Push of War; Pummelling.

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### Section Nine: Extras

09.01 Striking in the Places Most Dangerous

09.02 Wrist Nastiness

09.03 Solo Training for Wrestlers: Introduction; Falls; Mat exercises; Footwork; Using the dummy.