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RECORDING COMMENCES:

Guy Windsor:

Hello and today we're going to have a little look at dagger footwork. Strictly speaking, we're going to have a look at Fiore's terminology for the footwork that he doesn't actually describe at all during the dagger material. So we are taking the footwork that we know that he does and we are just applying it to the dagger. I can't offhand think of an instance where he actually tells you specifically how to step with a particular technique. From your guard position we have three turns which are the volta stabile where with both feet fixed, you can play front and behind on the same side. We have the meza volta, the half-turn where with a pass forwards or backwards, you can play on the other side and that's of course true on either foot. You have the tutta volta where one foot stays fixed and the other one turns around it. Fiore does not specify direction or degree so it could be *eepp* but we usually think of it as a 180 degree backwards sweep like so, and you'll use that for breaking arms, things like that. You can hear my feet sliding on the carpet. I tend to do my tutta voltas with the supporting foot very close to the ground.

So those are the three terms, volta stabile, meza volta, tutta volta.

Now there are four steps. The steps are *acressere* stepping forwards, *discreocere* stepping backwards, *passare* passing forwards, *tornare* passing backwards and generally speaking, most of the attacks you will do in this basic dagger course is a pass to strike, often two passes to strike and in defense you will very often take a *discreocere* out of the way *fora di strada*, off the line so if you're left foot forward, you'll end up here. If you're right foot forward, you'll end up here. There's a *discreocere fora di strada* and they'll often be accompanied by or followed by a pass across the line which is a *passare alla traversa*, a pass across. So this is the line between you and me. If I pass across it, I end up there. So in my *discreocere* and *passare alla traversa* across.

One of the advantages of the dagger material is we don't have to be so specific about footwork because Fiore doesn't tell us what footwork to use. We have an opportunity to go in and do some natural learning by experimenting with stepping like this and stepping like that and seeing which one works best and very often, what will work best will depend on exactly what your opponent is doing. Sometimes you will need to *discreocere*, sometimes you'll have the opportunity to *acressere*, sometimes you will follow your *discreocere* with a pass, sometimes that's not practical and you'll do a *tornare* instead. The list is endless. As we get to the more advanced material where you're actually being responsive to changes in what your partner is doing, you'll notice that your feet will naturally go to where they're supposed to go and if footwork is your thing, you should probably have a look at the footwork course because I go into this in a lot more detail there because that's where it belongs.

To summarize, there are seven steps or seven named footwork actions, three turns, volta stabile, meza volta, tutta volta, the stable turn, the half turn, the full turn, and four steps, *acressere*, *discreocere*, *passare*, *tornare*, step forward, step back, pass forward, pass back. If you can do all

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of those then you should have no trouble with the footwork section of the dagger course. Thank you very much and I look forward to seeing you on the next video. Cheerio.

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