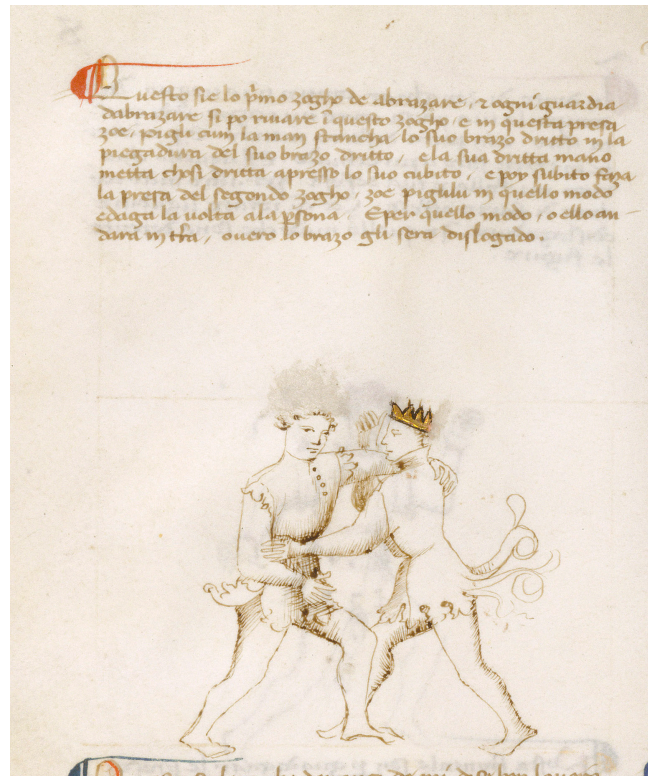




Abrazare 1st play



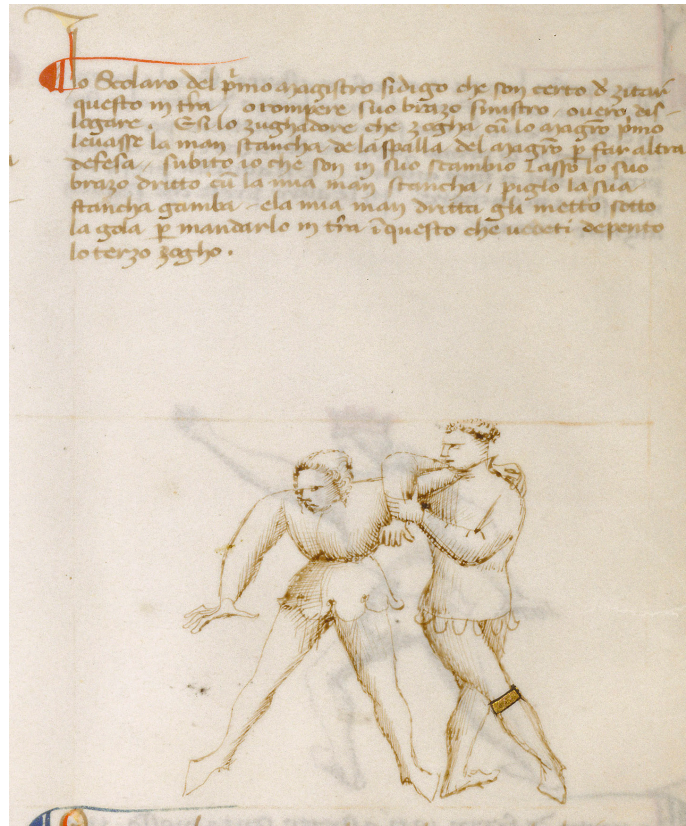
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First play: the Remedy Master

Questo sie lo primo zogho de abrazare, e ogni guardia d'abrazare si po rivare in questo zogho, e in questa presa, zoe, pigli cum la man stanca lo suo brazo dritto in la piegadura del suo brazo dritto, e la sua dritta mano metta chosi dritta apresso lo suo cubito, e poy subito faza la presa del segundo zogho, zoe piglilu in quello modo e daga la volta ala persona. E per quello modo, o ello andara in terra, overo lo brazo gli sera dislogado.

This is the first play of wrestling, and all guards of wrestling can arrive in this play, and in this grip, thus, grab with your left hand his right arm in the bend of his right arm, and place your right hand thus past his elbow, and then immediately make the grip of the second play, thus grabbing him in that way and make a turn to the body. And in that way, either he will go to the ground, or the arm will be dislocated.

Second Play



Second play: the hyperextension or arm bar.

Lo Scolaro del primo magistro si digo che son certo de zitar questo in terra, o rompere suo brazo sinistro, ovvero dislogare. E si lo zughadore che zogha cum lo magistro primo levasse la man stancha de la spalla del magistro per far altra defesa, subito io che son in suo scambio lasso lo suo brazo dritto cum la mia man stancha, piglo la sua stancha gamba, ela mia man dritta gli metto sotto la gola per mandarlo in terra in questo che vedeti depento lo terzo zogho.

The scholar of the first master, I say that I am certain to throw this [opponent] to the ground, or break his left arm, or dislocate [it]. And if the player that plays with the first master lifts his left hand from the master's shoulder to make some other defence, immediately I that am here in his place leave his right arm with my left hand, grab his left leg, and my right hand I place under the throat to send him to the ground in the way that you see illustrated in the third play.

Setting up:

Stand right foot forwards.

2. Your partner puts their left hand on your right shoulder, and has their right hand ready

as if to punch you in the stomach.

3. Find their left elbow with your right hand, and their right elbow with your left hand. You are opposing their extended arm with your bent one, and their bent one with your extended one.

4. Trap their left hand between your right shoulder and your right cheek, and use your right forearm near the elbow to drive their elbow to your left, with a volta stabile.

Fiore shows stepping through, to drop and break the elbow, but keep both your feet on the ground and go very gently. Elbows are delicate!

The keys to getting this to work nicely are hyperextending your partner's elbow, and pressing it in the correct direction.