

## 2.0 Dagger (*daga*) Techniques

### **Introduction**

This part of the student's guide will provide the student with the basics of dagger techniques. These are the fundamental concepts that must be learned, on which all other techniques and skills are based upon. This training is by no means complete with respect to dagger techniques, however, basic skills in this area will enhance the overall experience and skill of the student and position the student to challenge for the prize of scholler. The purpose of this unit is to introduce the student to basic offensive and defensive dagger techniques, all from the perspective of an underhand or *sopramano* grip on the dagger (ice pick grip).

#### 1) dagger attack → ward and strike

This basic exercise is designed to introduce the student to the notion of moving off-line when under attack, and to develop a natural ability to ward off an attack with one hand and use the other hand to attack at the same time rather than being idle.

- ❖ attack from above → ward to the inside  
*begin with the **porta di ferro** stance (left leg forward), re-direct attacking arm to the outside with the left hand, move inside by stepping to the right with the right foot (gathered step) - right hand prepared to strike or punch*
- ❖ attack from above → ward to the outside  
*begin with the **porta di ferro** stance (left leg forward), re-direct attacking arm to the inside with the right hand, move outside by moving the right foot forward and to the left (passing step), rotate body clockwise and followed by left hand prepared to strike or punch*

#### 2) dagger attack → ward and throw

This exercise takes the above basic one step further by deploying a known guard, the *posta longa* in order to take the opponent down. The student will learn the importance of timing and footwork in order to successfully deploy this ward and throw.

- ❖ attack from above → ward to the outside  
*begin with the **porta di ferro** stance (left leg forward), re-direct attacking arm to the outside with the left hand (in this case, actually grip the wrist with thumb downwards) and push the attacking arm upwards and towards the rear*



*step forward with the right foot (passing step) and position the foot behind the attacker's right leg and simply deploy the long guard and take down the opponent over your right leg (The illustration on the bottom right of the previous page is an extract from **Fiore dei Liberi's "Flos Duellatorum", 1410.***

### 3) dagger attack → ward, disarm and strike

- ❖ attack from above → forearm grip and twist and disarm  
*the attack is met with a grip to the agent's forearm with the patient agent's left hand (thumb downward) just shy of the agent's wrist. The patient agent then immediately twists the agent's forearm towards the left, pressing the patient agent's inside forearm against the agent's blade. Continuing with the twisting of the agent's forearm, and the blade pressed against the patient agent's forearm, the agent will release the dagger*



- ❖ attack from above → grip wrist and elbow, arm bent upward at elbow and disarm  
*the attack is met with a grip to the agent's forearm with the patient agent's left hand (thumb downward) and is immediately forced back and upwards. At the same time, the patient agent will grasp the agent's elbow from underneath and left the elbow with the right hand while the left hand is now forcing the agent's upper forearm back and downwards. This will cause the agent to lose balance, or provide the opportunity to manually disarm the agent.*