



Di Grassi Single Sword Class Outline

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1. Basics Review:

- a. Guards – High, Broad, Low
- b. Footwork – Straight Pace, Slope Pace, Circular (“Compass”) Pace
- c. Types of Cuts – Right & Reverse, Above & Below, Thrust “above hand” & “underneath”
- d. All defenses start in Low Ward
- e. Any cut from any ward can be defended with a quick counterthrust.

2. High Ward – Offense:

- a. **Thrusts** - Half pace & straight pace with forward foot and *thrust above hand*. End in low ward.
- b. **Cuts** – From the wrist; not advisable except between thrusts. Draw cutting makes edge blows more effective.
- c. **Combination** – If first thrust fails, compass step with rear foot behind and to the right with a downward edge blow to the head (right to left diagonal). Continue with a slope pace to the left and a reverse blow from the elbow to the lower left quarter. Finish with a straight pace and thrust underneath.

3. High Ward – Defense:

- a. **Against Thrusts** – From low ward, lift to high ward and ward to the outside (right) with a slope pace to the left. If enemy doesn’t impale himself, straight pace with the right foot and “thrust to the hilts.”
- b. **Against Right Edge-Blows** – “Reverse Thrust” – Ward high to the left and drive a thrust to the face by making a compass step with the hind foot to the right to stretch out the body and shoulders. (Do not over rotate.)
- c. **Against Reverse Edge-Blows** – Same defense as against the thrust.

4. Broad Ward – Offense: Thrust with a half pace & straight pace of the front foot, ending in low ward. Right edge blows are inadvisable, and reverse blows are done with “great danger.”

5. Broad Ward – Defense:

- a. **Against Thrusts & Right Edge-Blows** – Thrust is best, but if you must oppose the sword, then from low ward parry to the left by turning a reverse to the enemy’s face with a slope pace to the right with the front foot, ending in broad ward. (Implied: finish with a thrust from broad ward.)
- b. **Against Reverse Edge-Blows** – As the enemy’s point lifts up, straight pace forward and grab his sword hand with your left hand while delivering a thrust underneath.

6. Low Ward – Offense:

- a. **Edge Blows** – Never to be used for the first strike.
- b. **Thrusts** – May be done within or without. If the first thrust is warded, take another straight pace (passing step) with the sword hand lifted up and the point lowered to counter the ward and continue the thrust. Works both inside and outside, but especially outside.

7. Low Ward – Defense:

- a. **Against Edge Blows** – Thrusting easily defends all edge blows from this ward.
- b. **Against Thrusts Within** – Ward the thrust inwards (to the left) while compassing the hind foot to the right, turning the ward into a reverse cut to the face as in the defense against the broad ward. (Implied: cut ends in high or broad ward, setting up a finishing thrust.)
- c. **Against Thrusts Without** – Ward the thrust outwards (to the right) with a slope pace & straight pace ending in a counterthrust.