



Di Grassi Sword & Dagger 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
- d. Dagger Grip & Usage
- e. All defenses start in Low Ward

2. High Ward – Offense:

- a. **Right Foot Forward** - Simple step (or lunge) and *thrust above hand*. End in low ward.
- b. **Left Foot Forward** - Thrust with a straight pace. End in low ward.
- c. Do not throw edge blows, they are too easily defended with the dagger and leave you poorly able to defend a counterthrust.

3. High Ward – Defense:

- a. **Against Cuts** - Thrust under cuts from high ward or broad ward.
NOTE: Omit reverse blow from high to save time.
- b. **Against Thrusts** -
 - i. **Defending with Dagger Only** - Slope pace to void the attack, bear your dagger arm forwards and find his sword, straight pace and thrust underneath.
NOTE: Left or right, bear dagger opposite to direction of step.
 - ii. **Defending with Sword Only** –
 1. Outside thrust.
 2. Ward with your sword, stay him with your sword, strike at his temples with your dagger.
 3. Ward with your sword, stay him with your dagger, Straight pace and thrust with the sword.
 - iii. **Defending with Sword & Dagger Together** – Slope pace and ward with both joined together (castle guard or parallel), stay his sword with the dagger, withdraw sword and thrust underneath with a straight pace.

4. Broad Ward – Offense: Beat away the point of his sword with dagger, thrust with a step.

5. Broad Ward – Defense:

- a. **Defending with Dagger Only** - Slope pace (right or left) and ward to the left with your dagger, thrust underneath with a straight pace.
- b. **Defending with Sword Only** – *Reverse thrust*.
- c. **Defending with Sword & Dagger Together** – “Ridiculous.”

6. Low Ward – Offense:

- a. **Edge Blows** - Cuts are not recommended as initial attacks, but if doing so, cutting from low ward is safest. Cuts can be thrown quickly in between thrusts, or short wrist cuts can be used to “try the enemy.”
- b. **Thrusting from Within** – Forehand, or inside the opponent’s sword and front leg.
 - i. The Trap - When *within* at half sword with point directed to strike at the right side: Slope pace, and bar his sword between your sword and dagger. Straight pace and thrust.
 - ii. The Beat - From half sword *within*: Beat his sword point off line on that side which is most advantageous. Thrust hard to his face or chest.

- c. **Thrusting from Without** – Backhand, or outside the opponent’s sword and front leg.
 - i. The Leg Cut - From half sword *without* step forward and thrust at the face. If the opponent parries wide, when your sword point is set aside, slope pace left, and turn a reverse at his legs. Withdraw your sword and thrust underneath with a straight pace.
 - ii. Give a right edge-blow from the wrist, as short and strong as is possible to his sword. When his sword is found, slope pace and lift up your hand. Thrust downwards with a straight pace.
 - iii. Same as above but when his sword is found then stay his sword with your dagger. Recover your own sword, and thrust underneath with a straight pace.

7. **Low Ward – Defense:**

- a. **Against Right Edge Blows Above** –
 - i. **Defending with the Dagger Only** - Straight pace while lifting up your dagger hand to encounter his sword at the weakest part, straight pace again and thrust underneath.
NOTE: Against blow from opponent’s right side.
 - ii. **Defending with Sword & Dagger Together** - Lift up both sword and dagger (castle guard), discharge a *reverse* ending in *broad ward*.
NOTE: Against blow from opponent’s right side, omit left version to save time.
- b. **Against Right Edge Blows Below** – *Reverse thrust* to the thigh.
NOTE: Against blow from opponent’s right side only.
- c. **Against Reverse Edge Blows Above** –
 - i. **Defending with the Dagger Only** - Ward with dagger and then thrust underneath with a straight pace.
NOTE: Against blow from opponent’s right side only.
 - ii. **Defending with the Sword Only** - Straight pace with the left foot and then thrust (already lifted up in the ward) with a straight pace of the right leg. (Straight outside thrust)
NOTE: Against blow from opponent’s left side only.
- d. **Against Reverse Edge Blows Below** – Thrust low enough to keep the enemy’s blow from hitting your legs. Works against blows from either side.
- e. **Against Thrusts** –
 - i. **Within** – Counter Trap - Bear your body out of the straight line, slope pace and deflect his sword with your dagger, straight pace and thrust.
 - ii. **Without** – Counter Thrust - Warded “after the first manner, that is to say when the enemy strikes, to increase a slope pace... & to give a thrust with the increase of a straight pace.”
- f. **Against Provoking Edge Blows** - When he tries to provoke you with weak wrist cuts, as soon his next blow is delivered: slope pace, straight pace, and thrust before he can attack again.