

Mani Contra il Courtilo



Hands Against the Knife

Renaissance Master Achille Marozzo's

Unarmed vs. Dagger Techniques

From *Opera Nova* (1536)



QVINTO 127

Documento sopra a molte prese de stillo ouer dagetta, o più
guale che facilmente tutte se possono fare, accadendo come seco/
l'ima, a questi moderni tempi, che de molti huomini si ritro/
uano el fare offesi per no haver come in mano, ne mancho scie/
ta, et io vedendo de questi casi occorrere, me sono molto amos/
teuolmente co l'arte mia, a fermare quelle cose, come trouare
camare in questo libro, accio che quelli che se delectano de la mi/
lia sieno aduertiti ad imparare tale prese, per conseruatione de
la vita loro. Et nota che di tutte quelle che qui serano co' poste
in tutte l'armi, o deua serano meche uole, per quegli che se eser/
citarano in tale uirtude, ouer arte.

PRIMA PRESA.

¶ Hora nota che qua ueremo principio alla prima presa, haue/
do denotato de qua uirtude e sapere dell'arte dal suo mi/
nico, mi sono sforciato dare principio a quella prima presa de/
Stillo ouer Dagetta. Et nota che hauendo il tuo inimico uen/
to l'arme sopra d'ete in mano, e uocellato a guisa dargli sempre
co l'occhio alle mani, accio che lui non te possa gabare, Auenga
dici: nel tuo inimico tiralle sopra mano a una Dagetta, tu te
preparai co la tua mano maucha pigliando il braccio suo alla ro/
ueta, cioè il braccio uento, et in quello medesimo pigliare,
tu gettari la tua gamba uirta de orieto a la uirta del
tuo inimico tirando in quello medesimo gettare
il braccio tuo dritto al uento allo inimico, for/
cendolo in tale gettare la tua mano sinu/
tra verso la parte d'orte nel sopra/
d'ete, tirando le dette brach/
cia piefo a terra, facendolo a que/
sto modo, fara lui yno capo sieto in orieto.

Technique #1: Rear Leg Takedown - Grasp his dagger wrist from the inside with your left hand. Strike and grab his throat with your right hand. Step behind his right leg with your right leg and throw him down. You want to keep your weight low and centered as you enter, because if your center of gravity is too high, the attacker can counter, and throw you down in almost the exact same way from here. The vital lesson here is in gaining control of the dagger wrist while striking at the same time. You must do this before you can enter safely; even if he is blocking your strike it is keeping him busy and allowing you to time to move.

Marozzo's Text

Now, we'll start with the first grapple, having seen how useful these techniques are in fighting your enemy. Be aware that you must always look at the weapon of your foe, to prevent him from playing some dirty trick. Now if your foe attacks ("sopramano") with the dagger, you'll defend by grabbing his arm with your left hand, and at the same time you'll move the right leg behind the right leg of your foe and grabbing his neck with your right hand, and twisting your left arm towards his right side and forcing both arms down you'll force him to fall.

Hutton's Seizure 1

The enemy attacks with his dagger overhand, attempting a high thrust; seize his wrist from the inside and force it back outwards and upwards, at the same time pass your right leg behind his right leg, grasp the left collar with your right hand, and so throw him over to your own left.



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QVINTO
SECVITA LA SECONDA
PRESA.

¶ Hauendo il tuo nimico con l'armi sotto mano, come apper-
tamente dimostra la figura, fermarai lochio tuo al pugno for-
pradetto: cioè che tra habendoti il suo disotto infuso per amazzarti de
vna punta, tu te gietarai con braccio tuo manco, al suo braccio
dritto, voltando il pugno tuo cò le dita ingioto, & pigliaralo
stretto passando in el pugnardo de la tua gambata destra,
mettendola defuori da la vritta nel sopradetto tuo
inimico, & in questo medesimo getare de gár-
ba tu pigliarai la coscia destra con la
tua mano nira al sopradetto, car-
ciandoli in questo pigliare
la testa tua fono al
suo braccio nes-
stro, & vol-
tarai
le spalle al-
la for-
ueria, & a
questo modo,
tu lo portarai via, & ge-
tarai in terra, & ser-
rai piffello galantemete, & politico.

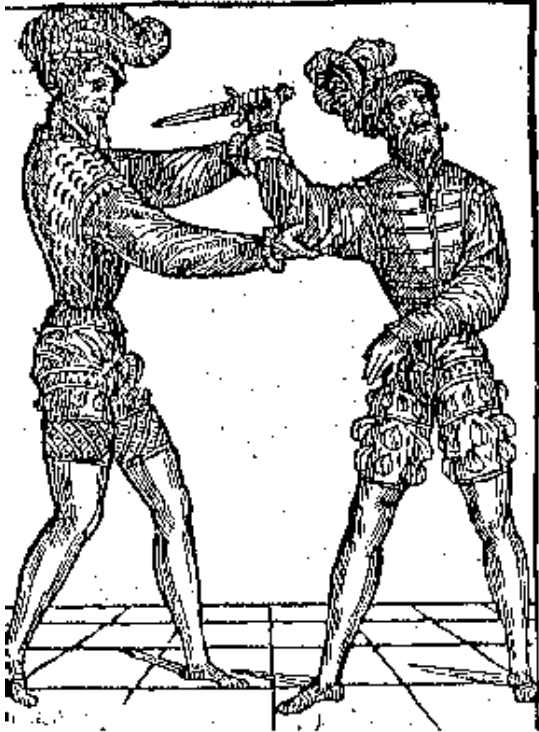
Technique #2: Straight Armbar and Rear Leg Takedown - Grasp his dagger wrist from the inside with your left hand. Slip your head under his arm to lock out his elbow and grab inside his thigh or knee, or grab the groin directly. Step behind his right leg with your right leg and throw him down, possibly breaking his right elbow. Be careful to not allow him to regain his balance, wrap his dagger arm around your head, and place you in a chancery hold.

Marozzo's Text

Having to fight an armed foe, as shown in the drawing, hold your eye on his armed fist, so that, attacking him with an upward thrust to kill you, you'll throw your left arm on his right one, turning your fist with the fingers down, grabbing his wrist and moving your right leg outside of his right one, and at the same time you'll grab his right thigh with your right hand, and pushing your head under his right arm, and then you'll return your shoulders on the other side, forcing him to fall.

Hutton's Seizure 2

The enemy attacks with the dagger overhand, stabbing upwards from below. Seize his wrist from the inside, forcing it upwards and outwards, pass your own right leg behind his right leg; then grasp his leg inside with your right hand, and pass your head under his arm; you can then either break his arm, or toss him onto your shoulders and either throw or carry him away.



¶ Diremo in questa vltima presa poche cose, perche inuirta so-
no fastidiose da componere, e voler narare in punto in punto
ogni cosa, saria troppo longha et scruere, ma per non nare troppo ter-
dio alle pñone che qui leggiano, diremo a voi M. Giovanni Bar-
tista come figliuolo sopra notato da il Lector de Bologna, che effe-
do voi senza armi in mano, & che vno venisse a voi cū vno Pu-
gnale, o Daghetta sopra man per amazzarui, egli si bisogno,
che voi vi ostendiate, pigliando con la man manca vostra, il
bracio nestro dello inimico vostro, apreso el pugno, e cō la drit-
ta man pigliarete il detto bracio, et gombito al sopra detto al-
la rouera come voi vederete con il braccio le man, storcendo vna
in fora, e l'altra in entro, e quando voi farete questa, sarete inanzi
con lo pie sinistro, e storcendo forte romperete el bracio dritro al-
lo inimico, et oghendoglie l'arme incoincidenti, e potrete narare
lui nelle ferite, & qui fine poneremo a queste Presa sopra scritte
tutte quito a laude, e gloria del padre, e figliolo, e spirito Santo,

A M E N.

¶

REGISTRO

¶ A B C D E F G H I K L M N O P Q R S T U V X Y Z

MVTINAE, IN AEDIBVS VENERABILIS

D. Antonii Bergole Sacerdotis,

Ac Citis Mutin.

XXIII.

Idus Mail.

M. D. XXXVI.

¶

Technique #22: **Bent Armbar Up 90 with Elbow Pull (weapon arm)** – There are two basic ways to do this hold. In the first way you grab his wrist from the inside with your left hand and twist the arm outwards, while grabbing the elbow with your right hand and twisting it inwards. This will lock the arm and shoulder and take him off balance, presuming you are using some mobility and unbalancing against him. The second way uses the bent arm like a 90-degree lever to torque out the shoulder. Grab the wrist, stabilize the elbow, and work the arm like an Allen-wrench to injure the shoulder. The trick here is in learning the correct angles of the arm, and being able to take the slack out of the limb before applying the lock. There are many standing and ground fighting variations on this lock.

Marozzo's Text

In this last grapple we'll say just a few things, for they are truly troublesome to compose, and to describe exactly every detail would make the writing too long, but to be not too tiresome we tell you, M Giovanni Battista (other titles of the said noble), that being unarmed against one coming against you armed with a dagger, it is necessary to defend grabbing his right arm, near the wrist, with your left hand, and with the right hand you'll grab his elbow as you see in the picture, and twisting his arm outwards and advancing with your left foot you'll break your foe's arm and disarm him, and you'll be able to wound him; and here we end the grapples, with praise to the Father, the Son and the Holy Ghost.

Hutton's Seizure 14

He attempts a downward thrust with the dagger held underhand. Advance your left foot, seize his wrist from the inside with your left hand, and his elbow with your right, and force his hand back, and his elbow forward, and so disable him.

Cutting Edge Training

What are the Experts saying?



"It is reassuring to know dedicated martial practitioners like Pete Kautz are able to present the formidable techniques of Marozzo with clarity and validity."

John Clements, director of the Historical Armed Combat Association and author of best sellers "Medieval Swordsmanship" and "Renaissance Swordsmanship"

"This historical piece speaks to the essence of combat and how isolated groups around the world have developed virtually the same techniques, modifying them for their clothing and environments."

W. Hock Hockheim, Lifetime martial artist, 23-year police/military veteran, and author of the "Knife Fighting Encyclopedia"

Mr. Kautz draws on nearly twenty years experience in the martial arts in analyzing Marozzo's knife defense techniques. With a wide variety of training in both Eastern and Western combative disciplines, he brings these techniques into the 21st Century.

◆ Classical Strategies for Knife Fighting and Self Defense
Learn to defend against a knife by learning how to fight with a knife

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