

Syllabus Day 10th December 2011

Basic 4: Syllabus aide memoire

Based on the four guards drill and the first and second halves of the cutting drill.

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| Donna left Roverso fendente Break 4 corners bicorno thrust attack longa accrescere dagger lock dagger roverso lynx roverso mezano | Donna right Mandritto fendente Exchange 4 corners 4 crossings break fenestra remedy zenghiaro discreocere dagger break dagger fendente tiger mandritto mezano |
| Longa 3s: who moves 3 c's 3 turns | |
| Dente di zenghiaro Roverso sottano 2 nd drill 4 corners sword in one hand counter remedy porta di ferro passare dagger disarm dagger sottano elephant | Tutta porta di ferro Mandritto sottano 1 st drill 4 corners 4 crossings punta falsa counter counter remedy frontale tornare takedown dagger mandritto lion |