

INSTRUCTIONS:

This sheaf of papers forms the next level of training for you. All requirements and criteria are detailed within, as well as checklists and memory aids. Please insert this into your training binder after the most recent information, but before the appendices.

NOVICE

REGALIA

None.

DESCRIPTION

The rank of Novice (novizio) is the status of a student first starting with the school. He is a student beginning the study of Armizare. He remains a Novice until such time as he has completed the basic requirements for the rank of Apprentice and is formally invited to join the school. To be invited to formally join the school, the candidate must complete at least one introductory course whereby his character and commitment to the study of the Art will be evaluated. Following this evaluation and testing in the requirements for the rank of Apprentice (see below), the Novice will be given the rank of Apprentice, signifying both his and the instructors' commitment to training and the Art, and is considered a member of the school. Required equipment for training is provided to the Novice when beginning training, but he is expected to obtain the necessary equipment in due course (see equipment requirements).

REQUIREMENTS

ETIQUETTE

	Novice
Forms up Properly	<input checked="" type="checkbox"/>
Salutes (open & close of class, before & after drills)	<input checked="" type="checkbox"/>
Addresses instructor and partners respectfully	<input checked="" type="checkbox"/>
Punctual	<input checked="" type="checkbox"/>

APPRENDISTA

REGALIA

A white garter, without further adornment.

DESCRIPTION

The Apprendista (*apprenti, apprentice*) is a beginner rank given to a student based on his progress and testing in the base requirements.

Upon successful completion of the prerequisites, Apprentices are presented with a white garter, bereft of adornment, signifying their acceptance into the school.

In order to be an Apprentice, the student must conform to the safety regulations for training in the *sala d'armi*. Further specific requirements are listed in the charts below.

RESPONSIBILITIES AND PRIVILEGES OF AN APPRENTICE

Before completing your journey as a Novice, you should be aware that any rank comes with its share of rights and responsibilities. Please initial the responsibilities below, so that you are aware of any and all responsibilities conferred to your person.

RESPONSABILITIES OF THE APPRENTICE:

To abide by the rules of the *sala d'armi*.

Initials

To respect his fellow students and the instructors and train safely.

Initials

APPRENTICE REQUIREMENTS

Following are the requirements for the rank of Apprentice, including the QoE criteria expected of each candidate. Following these tables are reminders and checklists for the student and instructor.

SAFETY AND DECORUM										
Rules of the Salle	Demonstrates control	Demonstrates Respect	Care of equipment	Recognise dangerous situations	Is a safe partner	Forms up Properly	Salutes (open & close of class, before & after drills)	Addresses instructor and partners respectfully	Punctual	
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	

EQUIPMENT		
In uniform	Mask w. back of head protection	Minimal hand protection (padded gloves)
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

ABRAZARE	
—	Poste
—	Counters to <i>poste</i> (opposing <i>poste</i>)
—	<i>Poste</i> dance
—	Grips

ACADEMIC	
☑	Guide
☑	Successful written test
☑	Mission, vision, values
☑	Sword nomenclature
☑	Sword geometry

DAGA	
—	Demonstrate attack lines (4)
—	Demonstrate targets
—	Moulinet drill (solo & paired)
—	First remedy - cover
—	Third remedy - cover
—	Fourth remedy - cover
—	Ninth remedy - cover
—	Demonstrate the theory of a disarm
—	<i>piu forteza</i>
—	Hammer fist
—	Poste
—	PdF <i>sempia</i>
—	Longa
—	Cinghiale
—	Frontale

FOOTWORK	
—	Accessere
—	Discrese
—	Passare
—	Tornare
—	Volta stabile
—	Tutta volta
—	Mezza volta
—	Compass
—	Weight on balls of feet
—	Power from hips
—	Combination steps
—	Offline steps
—	Pattern stepping drills 1 & 2

SPADA	
—	Poste dance
—	Demonstrate the mechanics of a cover/parry
—	Demonstrate leverage of blade divisions
—	Demonstrate deflections
—	Demonstrate beats
—	Rebat falso
—	<i>Fendente</i> deflection (1st RM)
—	Frontale deflection
—	Frontale collection
—	Defence vs. leg cut
—	Quadrant defence: Parry (in front of sword)
—	Quadrant defence: Beat (expulsion in front of sword)
—	Quadrant defence: Deflection (behind sword)

REQUIREMENT CHECKLIST	Instructor initials upon completion
Safety and Etiquette	Initials
Equipment	Initials
Academic	Initials
Footwork	Initials
Abrazare	Initials
Daga	Initials
Spada	Initials

REMINDERS

Do you have the minimum equipment requirements?

Have you passed the theoretical test?

Did you have your requirements verified by an instructor?