

COMPAGNO

The rank of *Compagno* (Companion) is the senior intermediate rank, and may be considered as a “Scholar in waiting.” The *Compagno* will be assigned a sponsor of higher rank within the school to aid him in his training and in understanding the finer points of the art in preparation for the challenge for the rank of Scholar. The school's governing body will take into account the sponsor's recommendations as well as their own observations before allowing the Companion to challenge for the rank of Scholar.

REGALIA

Compagni are awarded Brown garters, as well as being granted an *ellefante* pin, worn on the right lapel.

SYMBOL

Fiore's *ellefante*. The symbolism of the *ellefante* is profound. On the surface, the *ellefante* represents brute physical strength. Taken further, it represents strength of body and mind. Beyond this surface meaning, it represents the raw basics and foundations of the Art. Furthermore, a strong base is required to uphold the tower, and if the *ellefante* kneels the tower topples. This is representative of not only the foundations of the art, but of the importance of proper stance, footwork, and structure - the foundations upon which the Art is built. Lastly, the *ellefante*'s legs must work together to maintain the tower upright - yet another reminder of the unity of purpose and solidarity through arms that is embodied by the rank of Companion.

RESPONSIBILITIES AND PRIVILEGES OF A COMPAGNO

RESPONSIBILITIES OF A COMPAGNO

The *Compagno* must help provide a safe training environment to foster his fellow students' skills.

PRIVILEGES OF A GIOCATORE

The *Compagno* may engage in supervised freeplay to two exchanges deep, with limited grappling permitted.

COMPAGNO REQUIREMENTS

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

<input type="checkbox"/>	Acressere
<input type="checkbox"/>	Discesse
<input type="checkbox"/>	Passare
<input type="checkbox"/>	Tornare
<input type="checkbox"/>	Volta stabile
<input type="checkbox"/>	Tutta volta
<input type="checkbox"/>	Mezza volta
<input type="checkbox"/>	Compass
<input type="checkbox"/>	Offline steps

Footwork

<input type="checkbox"/>	Rules of the Salle
<input checked="" type="checkbox"/>	Demonstrates control
<input type="checkbox"/>	Demonstrates Respect
<input type="checkbox"/>	Care of equipment
<input type="checkbox"/>	Falling
<input checked="" type="checkbox"/>	Recognise dangerous situations
<input checked="" type="checkbox"/>	Is a safe partner

safety

<input type="checkbox"/>	Dagger
<input type="checkbox"/>	Gorget
<input type="checkbox"/>	Gambeson

equipment

<input type="checkbox"/>	Read the Getty Prologue, translation by Tom Leoni
<input type="checkbox"/>	Guide
<input type="checkbox"/>	Successful written test
<input type="checkbox"/>	History of school
<input type="checkbox"/>	Openings
<input type="checkbox"/>	Context of Art
<input type="checkbox"/>	Inside/outside
<input type="checkbox"/>	Dagger types (ballock, rondel, etc.)
<input type="checkbox"/>	What is tempo?
<input type="checkbox"/>	Tempo vs. time
<input type="checkbox"/>	Tempo in defence
<input type="checkbox"/>	Distance vs. measure
<input type="checkbox"/>	Types of defence: block, redirect, evade
<input type="checkbox"/>	Five things

Academic

<input checked="" type="checkbox"/>	Poste
<input checked="" type="checkbox"/>	Counters to <i>poste</i> (opposing <i>poste</i>)
<input type="checkbox"/>	First 5 plays of abrazare
<input type="checkbox"/>	Counter (elbow push)
<input type="checkbox"/>	Reverse takedown
<input checked="" type="checkbox"/>	<i>Gambarola</i>
<input checked="" type="checkbox"/>	Components of a takedown (enter, unbalance, throw)

Abrazare

C	Poste dance
C	Demonstrate the mechanics of a cover/parry
C	Demonstrate closing lines (active vs. passive)
I	Demonstrate an overbind & underbind and simple associated actions from each perspective
C	Demonstrate leverage of blade divisions
I	Demonstrate and employ provocations
C	Demonstrate deflections
C	Demonstrate beats
C	Demonstrate basic covers vs.:
C	• <i>sottani</i>
C	• <i>fendente</i>
C	• <i>mezani</i>
C	Perform Fundamental plays:
I	Counter-cut (single time)
I	Colpi di villano
C	Rebat falso
C	<i>Fendente</i> deflection (1st RM)
C	Frontale deflection
C	Frontale collection
I	Sottani counter-cut
I	Stop thrust (high & low)
C	Defence vs. leg cut
I	Demonstrate 12 <i>poste</i> and their use
C	Quadrant defence: Parry (in front of sword)
C	Quadrant defence: Beat (expulsion in front of sword)
C	Quadrant defence: Deflection (behind sword)
C	Retreats after pass
2	Controlled <i>assalti</i>
I	Target cutting (static, single cut vs. cutting medium)

Spada

C	Postedance
C	Cover & disarm flow drill
C	First remedy - cover
C	First remedy - disarm
C	First remedy - <i>gambarola</i>
I	First remedy - counter (tutta volta)
I	First remedy - counter (wrist lock w. dagger)
C	Second remedy - root play (cover)
C	Second remedy - application of first remedy
I	Second remedy - <i>ligadura soprana</i>
C	Second remedy - application of third remedy
I	Second remedy - counter (elbow push)
C	Third remedy - cover
C	Third remedy - disarm
I	Third remedy - <i>gambarola</i>
I	Third remedy - <i>ligadura di sotto/chiave forte</i>
I	Third remedy - counter (scissor lock)
C	Fourth remedy - cover
C	Fourth remedy - disarm
I	Fourth remedy - <i>ligadura soprana</i>
I	Fourth remedy - under arm bar (PD)
C	Fifth remedy - 1st play (PD)
C	Fifth remedy - 2nd play (PD)
C	Fifth remedy - 3rd play (PD)
C	Fifth remedy - 4th play (PD)
I	Sixth remedy - 3rd play
I	Sixth remedy - counter (elbow push)
C	Seventh remedy - Cover
I	Seventh remedy - counter (elbow push)
C	Ninth remedy - cover
C	Ninth remedy - disarm
C	Ninth remedy - <i>rompa lo brazo</i>
C	Demonstrate the theory of a disarm
I	Demonstrate the tactical environment of the remedy masters (direction of attack of each master, armoured, arme d)
C	<i>piu forteza</i>
C	Hammer fist
C	Poste
C	Pod sempia
C	Longa
C	Cinghiale
C	Frontale
I	Understand 1st remedy master plays and relation to pressure and measure

Daga

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