

**Schola Saint George**  
Skills / Testing Progression Requirements  
Level 4 – Scolaro Maggiore (purple)

**Intent**

The **Scolaro Maggiore** candidate should demonstrate competence and familiarity with Fiore's Art of the Zogho Stretto with the sword in two hands. He should demonstrate foundational competence through the *tre ligadure* and the three ways of taking an opponent to the ground. Then they must demonstrate each of the fifteen plays of the *zogho stretto*, grouping them according to the present teachings of the SSG and explaining the tactical framework that governs tactical choice in each set.

**Participation Requirements**

- ◆ Complete a study of the *zogho stretto* principles through the SSG curriculum.
- ◆ Possess a gambeson, helmet, gauntlets, medieval shoes and weapon simulator. Armoured combatants should have their own harness.
- ◆ Candidate must have membership current and up to date for testing.
- ◆ Pledge to continue your study in companionship with the other Schola students.

**Knowledge Requirements**

- ◆ Discuss the relationship between the need for control and distance in a fight. What is the central issue that arises as the combatants close?
- ◆ Discuss the relationship between Fiore's Art in terms of the *abrazare*, *daga* and *zogho stretto* for the sword in two hands. What are the key similarities and differences?
- ◆ What is the key difference between the *zogho largo* and the *zogho stretto*?
- ◆ What are the two kinds of *prese*, and how do these concepts manifest in a fight?
- ◆ What governs the decision to come to the *presa*? What circumstances should be avoided?
- ◆ What are the "five things" (*cinque cose*) and how are they used?
- ◆ Describe the First, Second and Third Masters of the *Incrossa*.
- ◆ Discuss the Ellefante's role in the *zogho stretto*, and then discuss the role of the other animals in the *segno* in *zogho stretto* play.

**Skills Requirements**

- ◆ Demonstrate each of the *tre ligadure*. When is each made? How are they found with the sword in two hands?
- ◆ Demonstrate each of the three throws and describe how each assaults the opponent's *ellefante*. Say also when you might use each one.
- ◆ Adopt and describe the Terzo Magistro della Incrossa (play #1)
- ◆ Play #2 – Pommel strike (when would we do this one?)
- ◆ Play #3 – Pommel strike (when we would do this one?)
- ◆ PRESE SERPENTINA

- Play #4: Demonstrate the sweep and discuss how this might be used
- Play #5: Demonstrate the serpentina disarm (ligadura mezana)
- Play #6: Demonstrate the double-arm envelopment (ligadure mezana)
- ◆ PRESE VS SWORD
  - Play #7: Bind vs Incrosa Riverca (grip his pommel)
  - Play #8: Bind vs Incrosa Dritta (grasp the blade, press or step behind to left)
- ◆ INTRAMANO PRESE
  - Play #9: Intramano presa. What is the counter (mezzamente presa rimedio)
  - Play #10: FROM INCROSA RIVERCA (step & headlock wrap/throw)
- ◆ TOR DI SPADA
  - Play #11: SOTTA – presa vs pomo
  - Play #12: MEZZA – presa between the hands
  - Play #13: SOPRANA – presa against the blade
  - Play #14: Pomo driven down between the hands: ALSO A COUNTER
  - Play #15: Unarmed version

