

## Abridged Capoferro

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**Goal:** To teach the basic techniques of “what counters what” in Capoferro’s rapier system. This is based off a drill created by Guy Windsor. Video of the drill can be watched for further review at <https://youtu.be/gb1SuKN03Pk>.

**The Basis:** Skilled Italian fencers know to *stringer* (constrain) their opponent’s blade before attacking. Doing this limits their opponent’s options of attack. The most common attack after being *stringered* is a thrust by ways of a *cavazione* (disengage).

This makes our opponent’s predictable. This is good for us!

### Part I – Defenses Against the Attack by *Cavazione*

**Setup:** In this drill, Fighter B *stringers* Fighter A’s blade (inside or outside line). Fighter A performs a *cavazione* and thrusts at Fighter B on the opposite line. Fighter B responds with one of four defenses.

<b>Fighter A</b>	<b>Fighter B</b>
Cavazione	Dui Tempi (Parry/Riposte)
Cavazione	Primo Tempo (Counterattack in Single Time w/Opposition)
Cavazione	Girata (Counterattack w/Body Void)
Cavazione	Controcavazione (Counter Disengage)

### Part II – Counters to the Defenses

**Setup:** In this drill, Fighter B *stringers* Fighter A’s blade. Fighter A performs a *cavazione* and begins to thrust at Fighter B. Fighter B responds with one of the four counters (like in Part II). Fighter A then responds with the following attacks in *contratempo* (counter-time).

<b>Fighter A</b>	<b>Fighter B</b>	<b>Fighter A</b>
Cavazione	Dui Tempi	Feint & Cavazione
Cavazione	Primo Tempo	Dui Tempi
Cavazione	Girata	Dui Tempi
Cavazione	Controcavazione	Ricavazione (Re-disengage) (Any of the Four Defenses from Part I will work)

**Note:** This drill can (and should) be practice on both the inside and outside lines.

#### Additional Resources:

<https://thetavernknight.wordpress.com/>

<http://duello.tv/>

<http://guywindsor.net/blog/wp-content/uploads/2014/06/Capo-Ferroworkbook.pdf>

<http://mac9.ucc.nau.edu/manuscripts/CapoFerro-GRAUF.pdf>