

# **The Sickie**

*(Falcis)*

of

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# INCISIO SVPERNA FALCIS FRVMENTARIAE DE LATERE VTROQUE



**S**I mutuo congregimini falce rite regenda, dextrum pedem prepones, falcem manu dextra contineas iuxta latus capitis tui sinistrum, sinistra uero aperta contra hostem porrigas, et inde sinistro insequutus, caput proscindas ex latere eius dextro. Sed si aduersarius idem aduersus te molitur, pedem sinistru preponentem, falcem manu dextra continentem, iuxtaq. caput humero sinistro recumbentem, sinistram dextro adplicaris, tum aduersariu uersus latus dextru tuu falce tua repellas. Deinde manu sinistra, dextra hostis correpta, caput eius lateris dextri fauciabis. Sin aut aduersarius te superne similiter adgreditur, dextra eius celeriter apprehensa, incisione ipsius ea ratione auertes. Inde aut si ex templo, dextra adtraxeris, proscindere hostis pedem sinistru prefixu tentabis. Verum si is idem conabitur, tum sinistra, aduersarij cubitum dextru interius obruas, dextra inde si retraxeris, mucronem falcis, capiti ipsius impingas, atq. retrorsu cocedas.

Plate 1 (pp 456) Incisio Superna Falcis Frumentariae De Latere Utroque  
*An Incision of the Grain Sickle from Above Down on Either Side*

If you two are mutually engaged with a proper sickle<sup>1</sup>, you should put forward the right foot. You should grasp the sickle with the right hand next to the left side of your head, you should reach out against the enemy with an open left hand, and thence following him with the left foot, you should plough up his head from the right side.

But if the adversary advancing toward you does the same, you putting forward the left foot, holding the sickle with the right hand and the head falling back left on the left shoulder when you are attacked on the right side. Then you will repel the adversary with the sickle, you turning your right side. Thence, seizing the enemy's right hand with your left hand, you will wound the right side of his head.

If the adversary has attacked you from above similarly, quickly having seized his right hand you will turn away from his incision by this reckoning. Thence if by example you will have drawn up<sup>2</sup> the right hand, you will attempt to plough up the left foot of the enemy.

If he will attempt the same, then you cover<sup>3</sup> the inner right arm with the left hand. Thence if you will have dragged up<sup>4</sup> the right hand, you will force the sharp point of the sickle to his head and you will retreat backwards.

AGENTE&PATIENTE: Right foot forward, Sickle over Left shoulder, Left hand extended to ward

AGENTE: Step in with Left foot, offside to head

PATIENTE: Step forward with Left foot, [*Possibly start with Left foot forward*]

Hook AGENTE'S sickle and pull to Left side  
[*Keep right arm and sickle above left arm*], rotating torso to Left

Seize AGENTE'S Right hand with Left hand, offside to head

AGENTE: Grab PATIENTE'S Right hand with Left hand,

rotate torso to Right pulling free Right hand  
[*possibly pulling upward, too, to expose the low line*]

Onside low strike to P's Left foot

PATIENTE: Block AGENTE'S forearm with Left hand, rotate torso to Right pulling free Right hand, onside or offside to AGENTE'S head as available

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<sup>1</sup> Latin: "Rite Regenda", interpreted "properly controlled"

<sup>2</sup> Pulled back

<sup>3</sup> "Block"

<sup>4</sup> Also "Pulled Back"



# INFERIOR ET SUPERIOR INCISIO



**I**n congressu mutuo, si te athleticè prepararis ad certamen, pedem dextrum præfixeris memento, contraq. aduersarium falcem frumentariam dextra contineas, sinistra uero sub dextrâ condas brachiū, inde intro pede sinistro concedas, et de loco inferiori proscindendo brachiū hostis dextrū impetas. Sin aut dextrū itidem pedem contra illū præposueris, atq. falcem in habitu superne incisionis dextra manu continueris, sinistra uero sub brachio dextro, tū eius conatum uersus latus sinistrū tuū falce tua repellas, interea sinistra, aduersarij manu dextra correpta, de latere hostis sinistro, collum falce proscindas. Verū si is superne te similiter adoretur, rursū sinistra manu, eius dextrā apprehendas, uersusq. latus sinistrū tuū si conatū eius auerteris, brachiū eius sinistrū falce perstringas, atq. inde retrorsum concedas. Sed si aduersarius retrocesserit, gemino gradu instabis hos tem urgendo, et caput eius proscindito.

Plate 2: Inferior Et Superior Incisio  
*A Lower and Upper Incision*

In mutual combat, if you have prepared yourself in advance like an athlete for the competition, remember that you should fix forward the right foot and against the adversary, you should control the grain sickle with the right hand. You should protect under your right arm with the left hand, thence you will step in with the left foot and you should pursue by means of ploughing up the right arm of your enemy from this lower point.

If you will have placed forward the right foot against him at the same time, and you will have held the sickle in this position of infliction with the right hand, you will repel him with your sickle, you turning your left flank, him protecting with the left hand below the right arm. Meanwhile, the adversary's right hand having been seized with your left, you will plough up his neck down from the left flank of the enemy with the sickle.

If he attacks you from above similarly, you will grasp his right hand with the left hand a second time<sup>5</sup> and if you will have avoided his attempt, you turning your left flank, you will graze his left arm with the sickle and then you will retreat back. But if the adversary will have yielded backwards, you will pursue the enemy by pressing with a double step, and plough up his head.

PATIENTE: As above

AGENTE: As above, with Left arm warding under Right arm

AGENTE: Step in with Left foot, attack PATIENTE'S Right arm with rising offside cut

PATIENTE: Hook AGENTE'S sickle [*with an intercepting blow*] and pull to Right, rotating body to Right to follow, seizing AGENTE'S Right hand with Left hand

Deliver downward onside strike to neck

AGENTE: Grab's PATIENTE'S Right hand with Left hand, rotate body to Right to free Right hand, cutting PATIENTE'S Left hand [*a quick cut from the wrist during the withdrawal*], and withdraw

PATIENTE: Retreat from AGENTE'S cut to Left hand

AGENTE: Pursue with passing steps and strike head

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<sup>5</sup> Still not sure about the use of a second time, we'll field test it



# INCISIO CONTRA HABITVM HOSTIS VELENDI.



**I**n hoc congressu, si ad hostem propius accesseris, dextrā preponas, dextrāq; falcem contra eum contineas, sinistra uero femori sinistro applicabis, deinde si sinistro pede fueris consequutus, falce caput hostis perstringas. Sed si is idem molitur contra te dextrā preponentem, uersusq; hostem falcem manu dextra tenueris, sinistra femori itidem sinistro applicata, ipsius impetū in latus dextrū tuū repellas. Inde autem brachio eius dextro si falcem applicaris, celeriterq; uersum te uellito. Verū si te ratio eadem uellere conetur, tu manu sinistra, eius dextrā adprehende, atq; si in latus dextrū tuū hostis impetū remoueris, confis tui caput eius lateris sinistro proscindito, atq; inde retrorsum concedeas. Verū si aduersarius similiter retro cōcesserit, hostē acriter issequendo urgeas, & manu hostis dextrā falce perstringas.

Plate 3: Incisio Contra Habitum Hostis Vellendi  
*Incision against the Position of an Enemy Pulling Away*

In this fight,<sup>6</sup> if you will have come up nearer to your enemy than before<sup>7</sup> you will place forward the right foot and you will grasp the sickle in the right hand against him. You will hold the left hand to your left thigh. Thence if you will have pursued with the left foot you will graze<sup>8</sup> the head of the enemy with the sickle.

But if he has attempted the same against you placing forward the right foot, you will hold the sickle stretched out with your right hand, you turning the enemy, you will repel his blow on your right side, the left hand having been applied to the left thigh<sup>9</sup>. Thence however if you will have applied the sickle to his right arm, you quickly turning tear yourself away.

If by the same reckoning he has attempted to attack you, with your left hand grab his right hand and if you will have moved away from the blow of the enemy to your right flank, immediately plough up his head on the left side. You will retreat backwards. If the enemy has moved backwards, quickly you should press on the retreating enemy and you will graze him on the right hand with the sickle.

AGENTE&PATIENTE: Close measure, Right foot forward, Left hand at Left side, sickle held forward and vertical

AGENTE: Enters with Left foot, cut PATIENTE'S head<sup>10</sup>

PATIENTE: Block on Right with sickle and push sickle away

Disengage sickle while stepping forward and to inside with Right foot to void<sup>11</sup>

Strike AGENTE'S Right arm

Recover

AGENTE: With Left hand grab PATIENTE'S hand<sup>12</sup>, rotate to Right, onside descending cut to head

PATIENTE: Attempt to retreat

AGENTE: Pursue with passing steps and strike Right hand

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<sup>6</sup> MOORight SICKLE!

<sup>7</sup> RAB: I think the idea is that you are starting within measure, or something like that.),

<sup>8</sup> RAB: The word is *perstringere* which means "to graze" or "to scratch." Obviously, you are not meant to make the kind of fatal blow that *proscindere* indicates.

<sup>9</sup> YOUR left thigh

<sup>10</sup> Here the head provides the closest target.

AGENTE's attack is best delivered as a punch to the PATIENTE's right eye or cheek.

<sup>11</sup> PATIENTE's block is necessarily close to his face. The following lunging step carries his sickle onto AGENTE's forearm

<sup>12</sup> Below Right arm

# SVPERNA ET INFERNA INCISIO



**H**AC ratione te accommodato contra hostem, tibijs paribus erectus consistas, dextra falcem contineas sublatam, brachio directo sursum secundum caput, manu uero sinistra femori itidem loco applicabis, ex hoc si dextro intro proceſſeris, caput hostis falce proſcindas. Verū si idem contra te is usurpauit dextrum preponentem, falcemq dextra tenentem iuxta pedem prepositum, locū uero femori itidem loco applicantem, falce sublata, eius incisionem uersus latus dextrum tuū remoueas. Inde autem sinistro consequutus, dextrū pedem prefixum hostis stringas. Sed si contingat, ut is inferne eadem ratione te perstringat, tu manu sinistra eius dextrum cubitū exterius adprehendas, uersum te adtrahas, et si falcem humero hostis dextro applicaris, proſcindendo eum sternas.



Plate 4: Supera et inferna incisio  
*An Incision From Above And From Below*

By this rationale, accommodate yourself against the enemy: You should take up this position, you standing straight up with the shins equal. You should hold the raised sickle with the right hand with an arm straight up following<sup>13</sup> the head you will apply the left hand to your left thigh<sup>14</sup> at the same time. From this position if you are pressed on the right inside, you should plough up the head of the enemy with the sickle.

If he uses the same against you, you placing forward the right foot both holding the sickle with the right hand and next to the positioned foot, applying the left hand to the left thigh, with your raised sickle you should move back his incision, you turning your left side. Thence you pursuing with the left foot, scratch the enemy's fixed right foot.

But if he reaches so that he grazes you by the same reasoning from below, you should seize his right elbow on the outside with the left hand. You should draw up yourself turning and if you should apply the sickle to the enemy's right shoulder, you should defeat him utterly by ploughing him up.

[IMPLIED START]<sup>15</sup>

AGENTE&PATIENTE: Right foot forward, Sickle over Left shoulder, Left hand extended to ward

PATIENTE(acting first): Diagonal onside to AGENTE'S Right knee, ending near AGENTE'S Right foot

AGENTE(acting second): Withdraw Right foot next to Left foot, raise sickle above head

[STATED STARTING POSITIONS]

AGENTE: Strike down on PATIENTE'S head

PATIENTE: Deflect to Right, rotating torso to Right, step in with Left and strike AGENTE'S Right foot<sup>16</sup>

PATIENTE: Grab AGENTE'S Right elbow from outside with Left hand, rotate to Right side<sup>17</sup>, descending offside to AGENTE'S Right shoulder

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<sup>13</sup> Behind

<sup>14</sup> Or hip. RAB: Latin word used is femur, femoris which means "thigh." In this case, "thigh" could be used to loosely designate "that general area between your knee and navel. Femur is where we get the phrase "femoral artery", a part of the body you want to keep intact during this sort of fighting.

For Wistric to figure out: why is he obsessed about having the left hand on the left thigh?

<sup>15</sup> The play seems to start just after an attack, from AGENTE, against PATIENTE's leg, PATIENTE withdrawing into the standing position and AGENTE's blow having come to rest next to his foot. As a result, PATIENTE moves first during the implied start.

<sup>16</sup> Probably delivered as an offside, since PATIENTE has no defense on that side

<sup>17</sup> This should pull AGENTE off balance to your right side

# INCISIONES DVA. QVIBVS BRACHIA STRIN- GVNTVR



**AD** habitum modo predictū hoc te pacto adaptabis, dextrū prae preponere memineris, contra hostem manu dextra falcem contineas, sinistra coxae sinistrae adiungas, deinde brachiū dextrū falce stringas. Sed si eadem is molitur, te dextrū prefigente, contraq. hostem dextra falcem tenente, tum sinistra, brachio eius anteriorius dextro applica, atq. hostis incisione sinis horsum repellas: Predictam manū firmiter si captuaueris, inde brachium eius dextrū falce sauciato. Verū si idem is usurparit, sinistra aduersarij dextrā adprehendas, loco pede mitto concedas, dextrā eius si supra caput sustuleris, atq. dextra tua confestim retracta, lumbos eius falce proscindas. Caterū hoste idem usurpante, manu locua sursum ultra brachiū ipsius dextrū regenda, eo habitu si firmiter uersus te adtraxeris, brachiū hosti potes disrumpere, inde aut collū eius impetus stringendo, atq. ab hoste recedas.

Plate 5: Incisiones duae quibus brachia stringuntur  
*Two blows by which the arms are cut*

You will adapt yourself to the position mentioned beforehand<sup>18</sup>. You should remember to place forward the right foot. You should hold the sickle in the right hand against the enemy. You should join the left hand to the left hip. Thence you should scratch his right arm with the sickle.

But if he attempts the same against you, you fixing forward the right foot and holding the sickle in the right hand against the enemy, then apply the left hand to his right arm in front<sup>19</sup> and you should repel the enemy's incision of the left position<sup>20</sup>. If you have captured the aforementioned hand firmly, thence wound his right arm with the sickle.

If he should employ the same thing, you should seize the enemy's right hand with the left. You should step in with the left foot, if you will have raised his right hand above the head, and immediately with your right hand having been pulled back you should plough up his loins with the sickle.

Otherwise when the enemy has employed the same, with the left hand about to be controlling upwards further his right arm from this position if firmly you turning have drawn yourself up, you should be able to break the enemy's arm. Thence you should pursue the neck by scratching, and from him you should retreat yourself.

AGENTE&PATIENTE: Close measure, Right foot forward, Left hand at Left side, sickle held forward and vertical

AGENTE: Strike PATIENTE'S Right hand<sup>21</sup>

PATIENTE: Seize AGENTE'S Right arm with Left<sup>22</sup>, and strike Right arm

AGENTE: Seize PATIENTE'S hand with Left, step in with Left foot pulling free Right hand, raise PATIENTE'S hand above your head, onside unterhau to PATIENTE'S groin

PATIENTE: Seize AGENTE'S hand and deflect to Right side, turning to Right, freeing Right hand, and raising AGENTE'S hand to bring Left shoulder under AGENTE'S arm. Break it. Turn back to AGENTE and strike his neck, then withdraw

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<sup>18</sup> RAB: My guess is that you take the same stance described at the beginning of Page 4. That's my interpretation.

<sup>19</sup> The boney side of the forearm

<sup>20</sup> RAB: This will be changed. The word usage doesn't make much sense, so I need to check the grammar

<sup>21</sup> For the strike to do real damage, the cut must come from the elbow, and ends up directed to the inside of the Right wrist

<sup>22</sup> Seizure and cut should be to the inside of the exposed forearm



# GEMINA INCISIO CONTRA GEMINAM AVERSIONEM.

6



**I**N mutuo congressu huius certaminis, si propius ad hostem peruenieris, pedem sinistrum prefiges, manu dextra falcem sublatam contineas contra aduersarium, atq; collum eius ex latere dextro perstringas. Quu uero is supne te eadem ratione adgreditur, dextru preponentem, contraq; hostem in habitu incisionis inferre falcem contineas, tum sinistra, eius dextrum brachium impetas, eodemq; sursum leuato, dextru brachiū iuxta eiusdem axillam falce sauciabis. Verum si is idem tentarit, sinistra manu hostis dextra correpta, sublataq; eius incisionē eo modo remoueris. Sed exinde dextrā subito retrahās, dextrumq; pedem prafixū aduersarij proscindere conaberis. Hoste autē idem e contra usurpante, dextrā eius, manu sinistra apprehendas, eūq; conatum hac ratione repellas, retracta uero dextrā confestim, collum aduersarij incisione saucies, atq; ab eo recedas.

Plate 6: Gemina incisio contra geminam aversionem  
*A double blow against a double evasion*

In mutual combat of this contest, if you have come nearer to the enemy, you should fix forward the left foot, you should seize the sickle raised against the enemy in the right hand and you should graze his neck from the right side.

Should he attack you from above by the same reasoning, you placing forward the right foot and having held the sickle against the enemy in the lower position of incision, then you should pursue his right arm with the left hand and raise upwards from the same, you should wound the right arm near the armpit with the sickle.

If he attempts the same, you having seized and held up the right hand of the enemy with your left, you will have move back<sup>23</sup> his incision in this manner. But from that point you should suddenly draw back the right hand and you will attempt to plough up the fixed forward right foot of the adversary.

When your enemy is trying the same against you, you should seize his right hand with your left hand and you should repel him who is attempting this by the same reasoning. Thence immediately with the right hand drawn back you should wound with an incision on the neck of the adversary, and from here you should retreat.

AGENTE: Left foot forward, sickle forward and vertical

PATIENTE: Right foot forward, sickle forward and downward,

AGENTE: Downward offside strike to neck

PATIENTE: Grab AGENTE'S Right arm with Left hand and raise up,  
Offside rising cut to AGENTE'S Right arm

AGENTE: Grab PATIENTE'S Right hand and raise to Right side,  
Rotate torso to Right to free Right hand,  
Strike PATIENTE'S Right foot

PATIENTE: Grab AGENTE'S Right hand, rotate to Right to free Right hand, strike AGENTE'S neck, retreat

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<sup>23</sup> "Removere" Remove or repel



# SVPERA ET INFERA INCISIO CVM SVIS AVER- SIONIBVS



**S**I congregimini mutuo, sinistram preponas pedem, falcem dextra continere sursum, contra hostem, atq; caput inde eius perstringas. Sed si is uicissim superne te sauciare conetur, sinistram te itidem prefigente, falcemq; dextra contra hostem in inferna incisione continente, tum manu sinistra eius brachium dextrum anteriori ex parte impetas, et si idem subleuatis, incisione aduersarii superam remoueri licebit. Inde aut falcem sinistram pedem prope poplitum hostis sauciato. At si aduersarius inferne similiter te impetat, dextrum eius cubitum interius sinistra e contra impetas cum firmiter eum remoueris, incisione ipsius repelles, retracta uero rursum dextra manu celeriter adte, atq; proscindendo dextrum hostis brachium adpetito. uerum ex hoc ab eo recedas.



Plate 7: Supera et infera incisio cum suis aversionibus  
*An upward and downward blow with their own evasions*

If you engage mutually, you should put forward the left foot. You should seize the sickle in the right hand upward against the enemy, and you should scratch<sup>24</sup> his head.

AGENTE&PATIENTE: Middle guard, left foot forward

AGENTE: Strike head

But if he in turn attempts to wound<sup>25</sup> you from above you fixing forward the left foot at the same time and holding the sickle with the right hand against the enemy against the incision from below, then you should attack his right arm partly to the front<sup>26</sup> with the left hand and if you will have lifted up that same arm, it is permitted to push back the above incision of the adversary. Then wound the fixed forward left foot on the enemy on the hams.

PATIENTE: Block Right arm with Left, Lift and repel  
Strike exposed Left foot

But if the enemy has similarly attempted the same at you from below, you should press on the inside of his right elbow with your left hand and when you have firmly pulled him back you should repel his incision. With the right hand, quickly withdraw back to yourself and you seeking the enemy's right arm to plough up. From here, you should retreat from him.

AGENTE: Block inside of Right elbow, break grip and attack Right arm  
Withdraw

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<sup>24</sup> Word used is perstringere

<sup>25</sup> Word used is sauciare

<sup>26</sup> Most likely refers to whatever part of the arm is closest to you

# BINAE INCISIONES CONTRA EAVNDEM AVERSIONES

8



**H**AC ratione te in hoc congressu mutuo componas, sinistru preponere memineris, falcem manu dextra sublatam contineas aduersus hostem, atq colli partem seu latus sinistru stringas. Cum uero aduersarius consimiliter te scindere conetur, dextrum contra se preponentem, tu manu sinistra, dextram hostis impete, eam si sursum leuaueris eodem habitu incisione hostilem auertes. Inde uero falcem colli hostis parti sinistre impingere non cesses. Sed si itidem is superne te fuerit adgressus, manu sinistra inferius cubitu eius dextru impetas, eaq fortiter eu remoueas in latus sinistru tuu, atq hostis uim ita repelles, at subito insequutus intro dextro, ex eius latere sinistro, dextra tua si adtraxeris confestim, latus sinistru corporis hostis falce proscindito, atq tuto ab hoste recedere curato.

Plate 8: Binae incisiones contra earundem avarsiones  
*Two blows against their own evasions*

You should position yourself by this rationale in mutual combat. You have remembered to put forward the left foot, you should hold the raised sickle with the right hand, you turning toward the enemy, and you should scratch either part of the neck or the left side<sup>27</sup>.

AGENTE&PATIENTE: Middle guard, left foot forward

AGENTE: Onside to neck

When your adversary attempts to cut you similarly, you placing forward the right foot against the same, attack the enemy's right hand with the left hand, if you will have lifted upwards that hand, you avoid the hostile incision. Thence you should not hesitate to force the sickle into the left part of the enemy's neck.

PATIENTE: Step in with Right foot,

Block Right hand with Left hand and lift up

Offside to neck

But if he has attacked you at the same time from above, you should seize his inner right elbow with the left hand and you should strongly remove him with the same hand to your left flank. You should repel thus your enemy's strength<sup>28</sup>.

AGENTE: Seize inner Right elbow

Without warning then you, pursuing with the right foot inward, from his left side, immediately if you have drawn up your right hand, plough up the left side of the enemy's body with the sickle, and from here be careful to retreat from the enemy.

Step in and attack onside

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<sup>27</sup> Seems weird but this is what the grammar shows. Pars is feminine while latus is neuter, and sinistrum here agrees with latus. Another bit to pay attention to.

<sup>28</sup> Word used is vis, here as vim in the accusative. This can get translated a lot of ways, such as "violence" or "strength" or "attack." I'm thinking that in this particular part of the plate, the idea is that you overpower the enemy by brute force.



# ALIVS HABITVS PRÆCEDENTIS FORMÆ.

230



**AD** modū iam p̄nominatū in mutuo congressu ita te adaptabis, dextrū  
 prefiges pedem, manuq; dextra falcem contineas ex latere dextro sublatā, sinistra  
 uero coxę sinistrae adplicetur, ex ea igitur corporis tui compositione sinistro conse-  
 quitor, et in latere sinistro aduersarij collum falce sauciato. Sed si te eodem modo  
 fuerit hostis adgressus, contrag eum pedem dextrū preposueris, sursumq; falcem  
 tuā dextra tendas, sinistra coxę sinistrae adplicata, tum manu sinistra infernē sur-  
 sum dirigenda, eius brachium dextrū impetas iuxta humerū, et si inde fortiter  
 quantū poteris eū attraxeris, te ex eius incisione deflectes, interea autem caput  
 aduersarij proscindas. Si aut is uicissim caput stringere molitur, tum sinistra,  
 eius brachio dextro impetuosē correpto, idq; si in latus sinistrū remoueris, incisio  
 hostilis repelletur. Inde autem negotio confecto, celeriter pedem dextrū ab eo pre-  
 fixum falce adpetito, atq; inde recedito.

Plate 9: Alius habitus praecedentis formae  
*Another position of the preceding form*

You will adapt yourself as such in mutual combat to already-named manner<sup>29</sup>. You should fix forward the right foot and you should hold the raised sickle with the right hand from the right side<sup>30</sup>. The left hip is positioned to the left<sup>31</sup>. From this point thus pursue with the leftward matching of your body, and wound the adversary's neck on the left side with the sickle.

AGENTE&PATIENTE: Middle guard,  
Right foot forward

AGENTE: Onside to neck

But if the enemy has attacked you by the same manner and you have placed forward your right foot against him, and upward you hold the sickle with the right hand, the left hip having been positioned leftward, then you should pursue his right arm next to the shoulder with the left hand, directing the blow upwards from below. And if you will be able to just as strongly, you will have dragged him toward you and you should deflect his incision. Meanwhile, however, you should plough up your adversary's head.

PATIENTE: Left hand to block Right arm  
near shoulder

Direct upwards and draw towards you<sup>32</sup>,  
Plough head

If however he likewise attempts to scratch your head, then with your left hand, when his right hand is seized impetuously if you will have removed that against the left side, the hostile incision will be repelled. Thence, finish the transaction, quickly seek his forward right foot from here with the sickle and retreat.

AGENTE: Seize Right hand

Pull to Left

Strike foot

Withdraw

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<sup>29</sup> Based on title and this first line, the idea is that it's saying, "hey, this is another stance to use."

<sup>30</sup> Note how you are angling the blade as compared to previous plates

<sup>31</sup> Looks like you are squared up.

<sup>32</sup> Pull in with rotation of hips

# SVPERNA INCISIO CONTRA HABITVM AVERSIONIS.

10



**A**D eum habitum hac ratione te compones. sinistru praponas, sublatâ dextra  
contra hostem contineas falcem, et collum eius de latere dextro proscindas. At si is  
eadem ratione te adpetierit, sinistru pedem pponentem, falcemq sustuleris itide  
dextra, media falce tua eius conatu repellas, subito intera sinistra manu eius cubitu  
dextru impetas obruendo, firmiterq sursum leuabis: verum derepente dextru adtra  
has, ac si dextro pede fueris insequutus, de latere dextro collu aduersarij proscindas. Sed  
si hostis idem contra te tentarit, manu locua eius brachiū dextru corripas interius,  
et si subleuaris, aduersarij uim contra te conceptam auferis. Sin uero tu eadem ra  
tione fueris repulsam passus ab hoste, confestim scindere eius sinistru pedem p  
fixum conaberis, et si adte tu uellendo contraxeris, proscindendo eum sauciare lice  
bit, uel prosternere.



Plate 10: Superna incisio contra habitum aversionis  
*An upward blow against a position of evasion*

You should place yourself toward that position by this reasoning. You should place the left foot forward, you should hold the raised sickle the right hand against the enemy, and you should plough up his neck from the right side.

But if he should pursue by the same reasoning, you placing forward the left foot and you will have raised the sickle at the same time, you should repel his attempt with the middle of your sickle. Suddenly meanwhile you should seek out his right elbow with the left hand by means of blocking and firmly you will lift upwards : you should drag the right elbow with the tearing-up hand<sup>33</sup> and if you will have pursued with the right foot, you should plough up the adversary's neck from the right side.

But if the enemy holds the same against you, you should snatch up his inner right arm with the left hand and if you will have lifted it, you should beat back the formed blow of the adversary against you.

If by the same reasoning you will have suffered that repulsion from the enemy, immediately you should attempt to plough his forward left foot and if you will have lessened him against you by tearing down, it is permitted to either wound him by ploughing up or to fell him<sup>34</sup>.

AGENTE&PATIENTE: Middle guard

Left foot forward

AGENTE: Offside to neck

PATIENTE: Block with sickle,

Grab elbow with Left hand and lift up

Step in with Right foot and offside to neck

AGENTE: Block inner arm and “snatch up” and lift

PATIENTE: Yield from block

Strike Left foot

---

<sup>33</sup> Okay, this is another place where I'm just convinced that Mair himself screwed up. There are two modifiers here, *derepente* and *dextrum*, but no nouns nearby. If I had to guess, the “tearing-up hand” is going to be the left. So you're gonna haul your enemy forward, possibly wrenching their right

elbow as you do so. Hopefully, this would distract them enough for you to untangle your sickle and nail them in the neck

<sup>34</sup> Word used is *prosternere*, the same one used for felling an animal when one hunts

# DVÆ INCISIONES EXTERIORES .

II



**I**N congressu hoc modo compones te, dextrū prefigas, contrag hostē manu dextra falcem arripias, sed sinistra coxe sinistre adplicetur, ex hoc itaq; habitu, colli hostilis latus dextrum exterius conscindas falce. Verum si is idem aduersus te usurparit, sinistrum te preponente, falcemq; manu itidem dextra uersus hostem continente, tum dextrum cubitū aduersarij, manu sinistra exterius corripias, atq; si in latus dextrū tuū acriter remoueris, incisio hostilis auertetur, inde uero curabis, ut cubitū eius dextrū exterius falce saucies. At si idem molietur aduersarius contra te, sinistra manu, aduersarij brachiū dextrū corripere nō cesses, atq; eius incisionem ea ratione repellas. Interrea autē dextra uersum te retrahē sinistrū pedem aduersarij prepositū strenue proscindas. Sed si is consimiliter te fuerit adgressus, tū uim eius repellas manu sinistra in brachio eius dextro. Sin autē hostis te eadem ratione remouerit, repente dextrā adducas, et inde eius caput si proscindendo sauciaris, ab eo recedes.

Plate 11: Duae incisiones exteriores  
*Two outside blows*

In the fight you should position yourself in this manner. You should fix forward the right foot and you should grasp the sickle against the enemy with the right hand, by the left hip should be applied to the left hip. From here and with such a position, you should tear to pieces the outer right side of the hostile neck with the sickle.

AGENTE: Middle guard, Right foot forward

PATIENTE: Middle guard, Left foot forward

AGENTE: Offside to neck

If he, turning toward you, uses the same, you placing forward the left foot and at the same time holding the sickle in the right hand having turned toward the enemy you should seize the outer right elbow of the enemy with the left hand, and if sharply you will have withdrawn against your right flank, the hostile incision is turned away. Thence you will take charge so that you may wound his outside right elbow with the sickle.

PATIENTE: Seize elbow with Left hand,  
Cut upper Right arm from outside low

If the adversary attempts the same against you, you should not hesitate to seize the adversary's right arm with the left hand and you should repel his incision by this reasoning. Meanwhile you should plough up the placed forward left foot of the adversary with the pulled back right hand, you turning.

AGENTE: Seize Right arm with Left hand,  
Plough up Left foot

But if he attempts similarly against you, you should repel his blow with the left hand against the right arm.

PATIENTE: Block with Left  
Turn to free Right arm

If he withdraws by the same reasoning, you should pursue the right hand with the seeking-again hand<sup>35</sup>, and thence if you will have wounded his head by ploughing up you should retreat from him.

AGENTE: Pursue PATIENTE's Right arm to maintain block<sup>36</sup>  
Plough up head

---

<sup>35</sup> The "seeking-again hand" is going to be the off-hand. You'll grab the enemy's weapon-hand so that you can come in with your own sickle.

<sup>36</sup> There is probably a step in with the Left foot at this point



# INCISIO SUPERA CONTRA EAM, QVA LATVS IMPETITVR.

12



**E**X hoc congressu, si accefferis hossem, dextrū preponere memineris, et si manu dextra falcem sursum contra hossem contineas, caputq. eius proscindas. Sed si idem contra te usurparit aduersarius dextrū preponentem, lucissimq. contra falce dextra continentem in habitu medie incisionis, tum sinistra manu, hostis brachiū dextrū antierius iuxta manū corripias, et eo habitu si sursum leuaris, superā eius incisione remouebis. Verū celeriter dextrū hostis latus fulce sauciato. Sin autē intelligas eo modo consimiliter te adpeti, manu sinistra aduersarij cubitū dextrum exterius impetas, et si firmiter uersus latus dextrum tuū repellas um hostis, incisione eius decipies mediā, interim uero insequitor pede sinistro, atq. dextrū pedem prefixum proscindas, inde autē retrorsum ab hoste recedes.

Plate 12: Incisio supra contra eam qua latus impetitur  
*An upward blow against that by which the flank is attacked*

From this fight, if you have approached the enemy, remember to put forward the right foot and if you are holding the sickle in the right hand high up against the enemy you will plough up his head.

AGENTE&PATIENTE: Middle guard  
Right foot forward

AGENTE: Plough up head

But if the adversary has attempted the same against you, you placing forward the right foot and in turn holding the sickle with the right hand in this position of the middle cut, then with the left hand you should grab the forward right arm of the enemy next to his hand, and in this position if you will have lifted upwards you will pull his upper incision. Quickly wound his right side with the sickle.

PATIENTE: Seize wrist and push up

Offside to AGENTE's right side ribs

If you should recognize that you are pursued similarly in this manner, you should attack the right outer elbow of the adversary with the left hand and if firmly you should repel the enemy's blow, you turning your right flank, you will escape his middle blow. Meanwhile pursue with the left foot, and you should plough up the fixed forward right foot. Thence you should withdraw backwards from the enemy.

AGENTE: Block outside elbow upward

Break grip upward

Pass forward

Plough up Right foot

# INCISIONES DVÆ ADHIBITIS SVIS AVER- SIONIBVS

13



**AD** hostem ex eo habitu, hoc pacto accommodato te, dextrū prepones pedem, recto brachio falcem uersus hostem porriges, atq; caput eius animose, proscindere curabis. At si te sauciare fuerit uicissim conatus, aduersus se dextrū prefigentem, contrāq; falcem dextra in habitu supernæ incisionis tenentem, aduersary tum cubitum dextrū, manu sinistra exterius obrue, atq; si ex hoc subleuaris, eius incisione superna sustuleris. Interim uero aduersary brachiū dextrū supernæ iuxta manū proscindas. Verū si is consimiliter te conetur sauciare, tum pectori hostis, manu sinistra adiungas intra brachiū ipsius utruq; lateris dextri, hoc modo eu propellas, et ab eius incisione te securū reddideris. Sed interea dextra uersū te adtracta, dextrū brachiū proscindes hosti, atq; inde ab eo recedes.



Plate 13: Incisiones duae adhibitis suis aversionibus  
*Two blows administered with their own evasions*

Against the enemy from this manner, accommodate yourself by this fashion. You should place forward the right foot, you should extend the sickle with the right hand, you having turned toward the enemy, and you will be mindful to plough up vigorously his head.

But in turn if he has attempted to wound you, he turning his fixed forward right foot, and you holding against him the sickle in the right hand in this manner of upward incision, block the adversary's right outer elbow with the left hand and if he will have lifted from here, you should raise up that upper incision of his. Meanwhile you should plough up from above the adversary's right arm next to the hand.

If he attempts to wound you similarly, then you should direct your left hand to the enemy's chest between each of his own arms to the left hand, you should propel him in this manner, and you, safe, should have repelled his incision of the right side. But meanwhile with your right hand having been drawn back to you, you should plough up right arm of the enemy and thence you should retreat from him.

AGENTE: Middle Guard  
Right foot forward guard

PATIENTE: Downward Middle Guard  
Left Foot Forward<sup>37</sup>

AGENTE: Strike to head

PATIENTE: Block outer elbow and lift,  
Step in with Right foot  
Plough up Right wrist

AGENTE: Block to chest with Left hand, <sup>38</sup>  
Shove

Pull back Right hand  
Plough up Right arm

---

<sup>37</sup> This position can be arrived at by both opponents starting at long range in left shoulder guard, with right feet forward, PATIENTE launching a strike to

plough up AGENTE's right arm (see Plate 2), and AGENTE countering with the strike to the head  
<sup>38</sup> The Old Heisman

## BINÆ INFERIORES INCISIONES.

14



**E**X hoc congressu tibijs paribus erectus consistas, dextra falce frumentaria<sup>p</sup> in latere itidem dextro contineas, Verum interea sinistra eam arripas, dextraq; coxe dextre adponas, post hæc sinistra, sinistro itidem hostis pedi exterius preponas, et si sinistra prepositu eius pedem proscideris, hostem eo habitu uersu te adtrahito. Sin autem idem contra te is usurparit, humeru aduersarij sinistram, manu itidem sinistra impetas, et si uersus latus tuu sinistram conuellas hostem, incisione ipius repellas. Interim uero falcem pudendus eius retro, intra pedem ipius utrumq; inicias, atq; inde uersus te illum conuellas, eo igitur modo aduersariu per sinistru pedem praefixum conicias licebit.

Plate 14: Binae inferiores incisiones  
*Two downward blows*

From this fight, you should stand upright with the shins equal, you should hold the grain sickle in the right hand at the same time on the right side. Meanwhile you should snatch up the hand<sup>39</sup> with your left hand<sup>40</sup>, and you should place the right hand near the right hip, after that you should place forward the left foot at the same time on the outside of the enemy's left foot, and if you will have ploughed up his left placed-forward foot, drag forward the enemy from this position, turning him toward you.

If however he employs the same against you, then you should attack the left shoulder of the enemy with the left hand, and if you turning your left side should wrench off the enemy, you should repel his own incision. Meanwhile you should throw in from behind the sickle to his genitals between both of his feet, and thence you turning him should wrench apart, and thusly in this manner it is permitted<sup>41</sup> that you should drag through the fixed forward left foot.

AGENTE: Upright guard  
Feet next to each other  
PATIENTE: Middle Guard  
Left foot forward

AGENTE:  
Switch sickle to Left hand,  
  
Put Right hand near hip,  
  
Step in and to Left with Left foot<sup>42</sup>,  
  
Plough up Left foot and "drag forward"

PATIENTE:  
Seize AGENTE'S Left shoulder  
  
Low, rising strike from behind to  
AGENTE's groin  
  
Plough up Left thigh

---

<sup>39</sup> Probably meant sickle

<sup>40</sup> Word used is *arripere* which means "to snatch" or "to seize eagerly"

<sup>41</sup> "you should be able to"

<sup>42</sup> Outside of PATIENTE's Left foot seems to refer to AGENTE's outside line, as represented in the art



# DVÆ INCISIONES MEDIÆ VNDE HABITVS STERNENDI HOSTIS FORMATVR.

15



**A**d eum habitū hac ratione te adaptes necesse erit, dextrum pedem præpones, proq. facie tua falce dextra contra hostem tenebis, sinistra uero coxe itidem locū applicabis. Interim uero sinistru pedē aduersarij dextro exterius postsponas, atq. habitu incisionis, falcem circū lumbos lateris dextri eius feriundo adiunges. Verūm si is te haud dissimili ratione corripuerit, tū et tu uicissim habitu comemorato utaris, atq. inde uersus te hostem attrahas. Sin autem suā is falcem lumbis uicissim tuis applicarit, sinistra dextrū eius cubitū interius impetas, uersusq. latus sinistru tuū, inpre-  
tū hostis repellas. Ceterū si eodē habitu fueris ab eo uicissim repulsam passus, mento eius sinistra correpto, sursum id surrigas. Aduersario aut iā moliente sursum te uertente, falce subito corripias, quasiq. superne loedere proscindendo hostem uelis, sed deflectendo, brachii eius sinistru sauciato, et ea ratione te liberabis, ne mentum tibi possit apprehendere. Sin autem idem ab hoste fieri intelliges contra te, falce ab-  
iecta, sinistram collo eius superne inuicias, dextram uero pudendis applices, sig. eo modo subleuaris hostem, in latus sinistru tuum cum prosternes.

Plate 15: Duae Incisiones Mediae Unde Habitus Sternendi Hostis Formatur  
*Two middle blows from where the position of the enemy is made by striking down*

To this position by this reasoning it will be necessary that you adapt yourself. You should place forward the right foot and you will hold against the enemy the sickle before your face in the right hand, at the same time you will apply the left hand to the left hip. Meanwhile you should put the right outside foot after the adversary's left foot, and from this attack of the cut, and you will yoke the sickle around the limbs of his right side by cutting.

If he has seized you in a hardly dissimilar reasoning<sup>43</sup> then remember in turn that you will use this position and thence you should drag the enemy, you turning yourself.<sup>44</sup>

If however he has in turn applied his own sickle to your limbs, you should attack his inner right elbow with your left hand, and you should repel the blow of the enemy, with your left side having been turned.

Otherwise if in turn you will have suffered the repulsed blow from the same position, with his chin having been seized in your left hand, you should lift him upwards.

When the enemy is attempting this or turning you upward, you should suddenly seize your sickle, and as if you wish to knock him upward by ploughing up, but instead you should deflect. Wound his left arm, and by this reasoning you will free yourself lest he is able to apprehend your chin.

If however you understand that you become the same from your enemy against yourself, from the tossed sickle, you should throw your left hand against his neck, you should apply the right hand to the genitals, and if from here you will have lifted the enemy, you should throw him to the ground on your left side.

AGENTE: Middle Guard, Right foot forward

PATIENTE: Middle Guard, Left foot forward

AGENTE: Step Right foot behind

PATIENTE's Left foot on inside

Offside cut to trap PATIENTE'S Right arm

PATIENTE: Block or seize Right elbow with Left hand

Rotate to Right to void

AGENTE: Grab neck with Left hand and lift upward

PATIENTE: Feint body attack, Strike AGENTE'S Left arm

AGENTE: Drop sickle

Grab PATIENTE'S genitals with Right hand

Throw to left side

---

<sup>43</sup> "by the same reasoning"

<sup>44</sup> It is unclear if this is an instruction to AGENTE or PATIENTE. Our current working theory is that the second paragraph instructs PATIENTE what to do if

he blocks before the attack lands (essentially, grab his wrist and pull him off guard, as has already been covered). Everything after that is how PATIENTE should proceed if AGENTE's initial attack succeeds.



MODVS. PER QVEM ADVERSARIO SOL  
COMOSTRATVR EX HABITV EIVS SVRRIGENDI ✓

16



QVVM ea forma rite athleticę, uti uolueris, dextrũ uersus aduersariũ pedẽ  
pones, falcem dextra contra hostem in habitu infernę incisionis teneas, sinistra uero  
sinistra coxe adplicetur, ex hoc igitur intro procedas sinistro, falcẽq; dextro eius brachio  
applices proscindendo. Verũ si idem media incisione contra te utatur, dextrũ itidem  
prefigentem, tu falcis medio, impetu ipsius repelles in latus dextrũ tuũ. Sed si tu ab hoste  
fueris eadem ratione repulsus, sinistra, eius cubito dextro exterius applicabis, atq; inde eũ  
in dextrũ latus tuũ remoueas. At si te is uicissim remouerit, tum falce tuã de latere  
eius dextro circũ lumbos dirigeas in forma incisionis. Catrũ aduersario idem contra  
te moliente, falce abiecta, dextrũ capitis hostilis latus corripias manu dextra, locua  
uero latus sinistrum, eo itaq; modo faciem contra Solem sursum aduersario conuertas,  
simulq; eum in latus sinistrum tuum potes conseruare.

Plate 16: Modus Per Quem Adversario Sol Comostratur Ex Habitu Eius Surrigendi  
*A manner by which the adversary meets the sun from his position by means of being lifted*

Rightly like an athlete you will want to use this form. You turning toward the enemy will place the right foot, you should hold the sickle in the right hand against the enemy in the downward position of incision, the left hip should be positioned to the left, from this point thusly you should proceed left, and you will apply the sickle to his right arm by ploughing up.

AGENTE: Middle Guard  
Right foot forward

PATIENTE: Middle Guard  
Left foot forward<sup>46</sup>

AGENTE: Pass forward with Left foot,  
Plough up Right arm

If he uses the same middle incision against you at the same time fixing forward the left foot, you should repel his blow in the middle of the sickle against your right flank.

PATIENTE: Block to Right with sickle

But if you are repelled from the enemy by this same reasoning, you will apply the left hand to his outer right elbow, and thence you should remove him to your right side.

AGENTE: Left hand to Right elbow,  
Deflect to Right side

But if he in turn has removed you, then you should direct your sickle around his limbs from his right side in the form of incision.

PATIENTE: Low attack to legs

Otherwise when the enemy is attempting the same against you, with the sickle having been cast aside, you should grab the right side of his head with your right hand, your left hand against the left side of his head, and from here you should turn his face upwards against the sun, and at the same you should be able to fell him against your left side.<sup>45</sup>

AGENTE: Drop sickle  
Grab PATIENTE'S head and twist back  
and to your left side

---

<sup>45</sup> Because at that point, fuck all.

<sup>46</sup> Could be right.



## Notes on the Sickle

The sickle contained in the instruction is the grain sickle: A curved blade, sharp and serrated on the inside, meant for hooking and cutting through stalks of grain, and tapering to a sharp point. This provides for two ways of inflicting a wound. The first, by hooking and pulling through, is “Ploughing Up” (Latin *proscindere*). The second, a cut with the tip, is a “scratch” (*stringere*) in the text. There is also the generic “wound” (*sauciare*). In almost every instance, the intent of the blow is to end the fight (not necessarily kill, just immediately disable the opponent). The target for a scratch, then, is to cut the tendons on the back of the hand, the eyes, or the throat. The plough targets the elbow and shoulder of the right arm, the hips, groin, knees, and ankles, and the neck and head.

Starting from the first two plates, the plays seem to follow a flow: Starting at long range, with the sickle above the left shoulder, and delivering a descending or rising blow as the range closes. The next series of plays start with the “sickle toward enemy” which echoes the longpoint guard of other weapons forms (either in the position of upward or downward incision, based on the initial attacks of the fighters). From here the overall progression is towards closer-in fighting, ending with grappling.

Attacks from the high right side are generally defended with the sickle, either by static block or by hooking and redirecting the blow. Attacks to the other lines are defended by seizing the wrist, or blocking or deflecting the arm. In practice, we found that most of the techniques only work if blows are delivered with intent. An attack without force and momentum behind it is unlikely to end the fight. The defensive actions usually seek to redirect this force and disrupt the opponent’s center of gravity to place them in a vulnerable position, exposed to counter-attack.