Marozzo’s Wrestling Techniques
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The following translation is provided by William Wilson for research purposes only. The images come from Arte dell’Armi.

In working with this material you may use Fiore’s Flos Duellatorum as a resource. The prese as outlined by Marozzo come from a long tradition in Northern Italy as may be seen by reading Fiore’s works.
Presa 1
Now see that here we will give the principles of the 1st presa, having noted that which is useful and knowing defense from your enemy. I am strong in giving the principles of the first presa against stillo or dagger. And see, that your enemy having a weapon in an overhand grip, it is necessary to watch always the hand with the eyes. That is to say, that he will not be able to dupe you. Going on, I say that if your enemy attacks you overhand with the dagger, you will defend with your left hand, engaging his arm in a reverse grip. That is his right arm, and in this engagement you will hurl your right leg behind the left of the enemy, drawing your right arm to the opponents collar (neck), twisting in this throw the left hand towards his right side and throwing said arm towards the ground. Doing this the head will be pushed back.

Presa 2
If your enemy has the weapon underhand as in the figure, keep the eyes steady on his fist, so that if he throws a rising thrust to kill you, you will throw your left arm to his right arm, turning your fist with the fingers down and you will grasp him tight, stepping in the grab with your right foot to the outside of your enemy. In the throw you will grasp the right thigh with your right hand while thrusting your head under his right arm and you will turn your shoulders and in this manner you will take him away and throw him to the ground.

Presa 3
Wishing to declare the manner of defending oneself from one who attacks overhand with a dagger to kill you, as you see in this third part, you will defend throwing your right arm to his right arm grabbing in this throwing said arm on the outside in a reverse grip and stepping in said time with the left leg to the right of the aforementioned. Grab in this step his right leg with your left arm and in this manner you will hurl him back onto the ground and remain resolute giving him this when he attacks you.

Presa 4
Now note, that in this 4th presa, that when your enemy throws an underhand thrust, I want you to defend by grabbing the top of his right arm with your right hand, holding it tight, and stepping in that grab with the left leg behind his right and in the time of the step throw your left arm to the front of his throat. Immediately push said arm (left) back towards the ground and with your left leg give him yours behind his and in this manner he will fall to the ground and you will be secure, galant, and "polito". In case you do not understand the writing, pay attention to what is shown in the picture.
Presa 5
In this 5th presa one should consider that wanting to be patiente surpassing the people, it is necessary to bravely watch said agente as he takes weapon in hand, under or over hand, but presupposing that in this 5th part he has it above hand and that he throws a falling thrust or cut to the chest or face, you will defend by throwing your left hand to his right and grab it in a reverse grip. Stepping with the right leg hurl him back with the aforementioned, grabbing in said step the arm of the enemy with the right hand from underneath as you may see, pressing together both and throwing him strongly to the ground. Note that in this throw you will break his right arm in the fall of his weapon to the earth. You will then be victorious and you will come out of peril gallantly and very "polito".

Presa 6
You see in this sixth part that you need to have your weapon in hand, making use of your skill and value of overcoming your opponent. That is to say if he throws at you the aforementioned thrust or overhand cut, you will defend with your weapon engaging with both hands together as you can see. In this parry you will wrench upwards with the intention of pushing with your left arm to your right and pushing strongly to the inside of your opponent. watch that your left leg is to his outside while cutting his hand and his weapon will fall to the earth while he turns as you may see.

Presa 7
If a man desires to kill another that does not have a weapon in hand, if he has the weapon overhand as you may see, and grabbing the shirt with his left hand, you will not wait but will grab his [hand] with your left hand and holding it to your chest step with the right leg to the outside of his left [leg] and at the same time put your right arm to his throat. Push against his left leg with your right and push with your right arm and in this manner he will fall and you may attack him.

Presa 8
... finding oneself being attacked overhand, it is necessary to grab his right hand with your left while stepping to the right of the enemy and while turning the shoulders and surprising him in this turn, take the weapon that is in his right hand, turning it immediately away to his right side, taking the weapon.
Presa 9
... there is always a need to keep the eyes always on the enemy's hand. If he throws an overhand thrust with a dagger you will catch his right arm with your right hand in a reverse grip and with the left push his elbow up, pushing and twisting it to the earth as you may see. Place your left leg forward of the right to his right side twisting and pushing his arm.

Presa 10
Being attacked by one who has the dagger overhand and you also having one, you will put your leg forward and wait, keeping your eyes to his right arm and not moving at all, because in his attack you will engage his right arm with your left hand in a reverse grip as you may see, giving in that grip a twist to the outside with your left hand and then you will be able to attack.

Presa 11
Consider the following in this 11th presa. If one comes at your with the left leg forward to wound you, you should think in this manner: Since you cannot engage the right arm, you will engage the left near the fist and with the right arm you will engage his elbow and you will step forward in this engagement with the right foot and immediately in this step you will give him a twist to his arm with both of your hands, turning strongly and with this presa you will have turned his shoulders or broken his arm.

Presa 12
Now note that if you find yourself without a weapon in hand and your enemy with one underhand in order to attack you, you will put your left leg forward outside his right side and grasp in this step his right arm with your left hand then throw the right as well [to the arm]. With both your hands push his arm and at the same time twirl your feet around putting his arm on your shoulder and in this turn you will take his weapon or break his arm.
Presa 13
In this 13th part the enemy has the dagger underhand as you can see. You should not flee but remain steady with your feet looking to the hands, meeting the movement of the aforementioned. As he gives you a thrust to the chest you will defend by grabbing his right arm with your left hand and with your right hand you will twist the weapon out of his hand, giving him a reverse twist, and in that time putting your left leg towards his right, strongly extended to the right, as may be seen in the figure and you will have the weapon.

Presa 14
Not having a weapon in hand as your enemy you will settle yourself with the right leg back and with the left opposite his right. Keep the eyes strongly on his right arm because as he attacks you, you will defend with your right hand, engaging in that time his right arm from above and with the left hand engage the weapon in a reverse grip at the half and give it a twist. Know that in this twist or turn of the fist that you turn it up to his right side and doing it in this manner you will take away the weapon.

Presa 15
In this 15th presa there can be many things to write. But because this presa is difficult I must be brief. If one with a dagger, stillo, or knife comes to wound you overhand, you will defend by engaging his arm with your right hand, to the right, and at the same time the right foot will go with the hand, not stopping, you will twist the right foot and turn under the enemy and in the turn take your left foot behind the right. In this throw you will grasp the right leg of the enemy with your left hand and throw him to the ground or carry him away as you may see.

Presa 16
In this 16th presa watch well, for if your enemy grabs your chest to give you an overhand thrust, you will disperse, bringing your two arms together above his left arm. Be resolute, confident, and defensive. Note ficando to each person that looks at the figures, that is better, and more clearly teaches offense and defense.
Presa 17
If your enemy has a weapon in hand as you can see here, there is a need for you to defend by putting your left hand to his right arm, grabbing it “alla roversa” and you will grab the stiletto with your right hand and having given it a great twist back towards his side with both hands you will have his weapon and you will attack him and in this manner will kill him.

Presa 18
In this 18th presa you should look well at the figure with the weapon underhand, and this because the is a need here that when one arrives in front of the enemy, they must watch the hands, as one then is more apt to be able to defend. For not having practiced with a other person, as I have given you instruction to do, but doing this you will be very shrewd, watching always the right hand. If he gives you a thrust to your chest you will defend by grabbing his arm with your right hand and immediately step with the left leg behind both those of the enemy and in that step grab his beard or hair with your left hand from behind as you may see. Immediately upon doing this you will throw him back so he strikes the earth and taking away his weapon you will be safe and it will be possible to kill him....

Presa 19
... there is a need that when he comes against you with the weapon held underhand to kill or wound you that you defend by grasping his right arm with your left hand and grasp his left arm with your right hand strongly to constrain him and immediately in the grip you will fall back to the earth while putting your feet to his body or chest, pulling with the arms and with the feet you will hurl him back upon his head. With this throw you will break his head...

Presa 20
... if the enemy is attentive and covers with the left arm and leg forward and comes at you with the left hand to kill or wound you, then with quickness in defense you will grasp the left arm with both your hands, pirouetting immediately and turning at the same time your feet so that your face is away from the enemy and your back is to his. In this grasp and turn you will put his arm on your right shoulder and in this immediately break his arm ...
Presa 21
... If the enemy deliberately comes at you to kill or wound you with a daghetta (dagger) as is depicted here, you will defend by grasping his arm that holds your chest with the left hand and with the right you will strike his arm keeping the fist constrained as you may see and you will be at liberty from the enemy.

Presa 22
... when you are without weapon in hand and one comes at you with a pugna (poniard/dagger) or a daghetta (dagger) to kill you there is a need to defend by grasping his right arm with your left hand close to the fist and with the right hand you will grasp his arm at the elbow in a reverse grip and twist strongly with both hands to the outside and step forward with the left foot breaking the enemy’s arm. Take away his weapon and then wound him ...