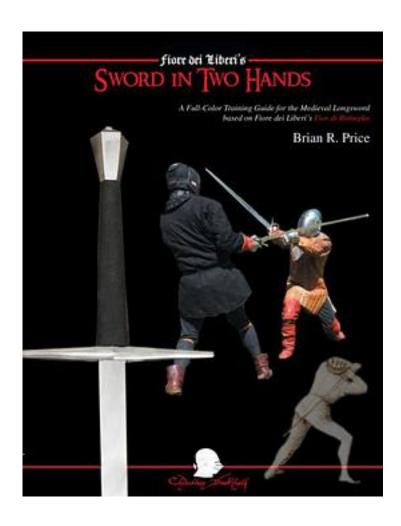
## Sword in Two Hands



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In early 1409, Fiore dei Liberi da Premariacco, master-at-arms to the Marquise de Ferrara, sat down to compose an illustrated treatise summarizing all he had learned of fighting in his forty years of combat on the battlefield and in the lists. The result is one

of the earliest and most systematic martial arts treatises ever written. Long-time martial artist and medievalist Bob Charron presents not only translations of the text, but also includes photographic sequences reconstructing each technique, unlocking the secrets of this Italian swordmaster. Fiore's work represents a complete Western martial art, which stands on a par with its Eastern counterparts, and this work is sure to nurture a whole new generation of Western martial artists.
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