

# FIE COACH PROGRAMME, SABRE

## Observations, Learning and Thoughts

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### 26. Seconde Beat

In this lesson, the seconde beat is built up slowly as: a preparation (the beat); distance (two touches to wrist); and the final tempo action (cut to cheek). There is a lot of practice on the preparatory actions here for the fencer to get the coordination before movement is introduced after the final cut. This gives the “hit-move” feel to tempo that we’ve seen throughout the course.

<https://www.youtube.com/watch?v=2Awn5rnqgHc&list=PLW9OQerjy9W3kizillfQ6wokHKCpTU05Y&index=147>

I like this lesson for many reasons, not least the precise progression of the point through preparation, attack and hit distances. Related to this at 1min 25secs, the coach demonstrates the correct hitting action that delivers the point forward rather than up and down. I also like how the coach slowly develops the lesson so that the lunge becomes a natural extension of the distance relationship, rather than an instruction to lunge.

As with previous lessons, the coach looks to consolidate the seconde beat action by introducing multiple repetitions within the exercise.

<https://www.youtube.com/watch?v=Xb8XYaoZ3g4&list=PLW9OQerjy9W3kizillfQ6wokHKCpTU05Y&index=148>

Another good reason for introducing repetition is that it is very difficult to do these exercises with good timing with anything other than the hand. In this continuity hitting exercise including the belly cut, the coach here corrects big hitting actions from the shoulder and as a result, some pretty crisp timings emerge.

<https://www.youtube.com/watch?v=iL4y6fstwu8&list=PLW9OQerjy9W3kizillfQ6wokHKCpTU05Y&index=149>

The same set up can be used to introduce compound beat attacks. I’d suggest this is possible once the previous exercises have been practiced and necessary skill acquired.

<https://www.youtube.com/watch?v=12dbLM6EShQ&list=PLW9OQerjy9W3kizillfQ6wokHKCpTU05Y&index=151>

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