

## 4. The Lunge

In this first video a very nice progression is demonstrated on how this “hit-move” action in sabre is coordinated with the lunge. It will appear strange at first because often we think of the distance aspect of the lunge first before a hit can be delivered. In these exercises, it is the timing that is emphasised.

<https://www.youtube.com/watch?v=IktT2gQ7Ryg&list=PLW9OQerjy9W3kizillfQ6wokHKCpTU05Y&index=10>

At the beginning of this next video, you can compare and contrast which hits the coach finds acceptable and those that are slightly out of time.

<https://www.youtube.com/watch?v=KOWzsS4bhal&list=PLW9OQerjy9W3kizillfQ6wokHKCpTU05Y&index=11>

Again, some very good shaping by the coach here. When the fencer starts to struggle, the coach moves closer and gives some comfort on the hit first and then the lunge.

Now to bring some of the ideas together. Firstly to move the point forward, measuring out the distance with two touches to wrist and then hit to head and then move. Watch the progression and enjoy the precision. The fencer is not yet ready to lunge, so the coach is guiding him firstly to understand how the point will move through distance to the hit. The timing is precise.

<https://www.youtube.com/watch?v=ztnlYx95SPY&list=PLW9OQerjy9W3kizillfQ6wokHKCpTU05Y&index=12>

The core coaching signals are examined in this next video. See how the coach both gives the opening but also invites the hit in time.

<https://www.youtube.com/watch?v=FVMPB04ckAE&list=PLW9OQerjy9W3kizillfQ6wokHKCpTU05Y&index=13>

As before, it's clear that there are no lunges yet, but this is the methodology being explored at the beginning of this three month course. You could argue that without timing, the prettiest lunge will fail. Similarly, without good technique, the timing won't be achieved. For me, it's not about one or the other, they are just two sides of the same coin. There are many ways to teach the lunge, this is one suggested example.

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