

FIE COACH PROGRAMME, SABRE

Observations, Learning and Thoughts

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7. Quarte Riposte

These exercises are designed to ground the quarte parry. By causing the fencer to make two parry ripostes, the timing is learned more quickly,, especially the first one. Notice that the coach is both giving an opening and making an attack. One thing I learned from this video was something we often overlook and that is the preparation of the defender's blade as the attack commences. And it's the same as we saw in the attacks at the beginning of the course. From this same defensive preparation, the fencer will in future lessons be able to take stop hits and other counter actions.

<https://www.youtube.com/watch?v=18wzDnq5KTM&list=PLW9OQerjy9W3kizillfQ6wokHKCpTU05Y&index=41>

At 1min and 30secs, the footwork is implemented and coordinated with the hand. Remember, the purpose of the second parry riposte is to condition the fencers understanding of where quarte is and the timing of the preparation, parry riposte. It would be easy to brutalise the student with this sort of lesson, but it would be also wrong to make it too easy and not challenging the fencer to makes better actions in time and distance. The coach demonstrates good progression in this lesson from 2min 30 secs.

In this next video there is a new student, but less technically able than the previous one. Good coaching skill is demonstrated here in correcting both the defensive preparation and the parry. The defence preparation of the blade needs to come from the elbow, not the shoulder. You can practice this by putting your non-sword hand under the elbow to detect any movement of the sword arm whilst practicing rotating the forearm and fingers.

Notice also that the parry is taken on the back foot and the riposte on the front foot. There is an important distinction here, that the parry is at the end of the attack, whereas a beat would be on the preparation of the attacker.

<https://www.youtube.com/watch?v=S-d6Li1U7ms&list=PLW9OQerjy9W3kizillfQ6wokHKCpTU05Y&index=42>

And finally, with indirect ripostes.

<https://www.youtube.com/watch?v=29N38-uZPHQ&list=PLW9OQerjy9W3kizillfQ6wokHKCpTU05Y&index=47>

Always happy to take any questions on prof.carson@yahoo.co.uk