

# FIE COACH PROGRAMME, SABRE

## Observations, Learning and Thoughts

by Prof. Phil Carson, BAHons), MBA, BAF

### 10. Seconde

This exercise is about learning the second parry in relation to the en guard position.

<https://www.youtube.com/watch?v=xKjdu8bEJOA&list=PLW9OQerjy9W3kizillfQ6wokHKCpTU05Y&index=50>

At first glance it looks like a continuity hitting exercise seconde-cheek-tierce-head-seconde-head-tierce-head-seconde-belly. But there is some subtlety in the coaching that this next video brings out. Notice both the authenticity of the coach's blade-work and also how "soft" the fencer's arm remains throughout.

I like this exercise a lot as it challenges the coach to be precise - see from 1min 20secs where the coach skill is exaggerated.

<https://www.youtube.com/watch?v=OpsKE1Pic6A&list=PLW9OQerjy9W3kizillfQ6wokHKCpTU05Y&index=51&frags=wn>

A further detailed look at the execution of seconds is available in this next video.

<https://www.youtube.com/watch?v=ZcD18bpYRcs&list=PLW9OQerjy9W3kizillfQ6wokHKCpTU05Y&index=52>

*Always happy to take any questions on [prof.carson@yahoo.co.uk](mailto:prof.carson@yahoo.co.uk)*