

FIE COACH PROGRAMME, SABRE

Observations, Learning and Thoughts

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

8. The Stop Hit

In the preparatory actions at the beginning of the lesson, the coach gets the fencer to recognise the difference between the coach's hitting action and his preparation. It is on the preparation where the stop hit is most likely to succeed.

<https://www.youtube.com/watch?v=oEHH7o4fxEo&list=PLW9OQerjy9W3kizillfQ6wokHKCpTU05Y&index=43>

I liked when the coach moves with complete absence of blade and goes into distance either with the blade forward or the wrist forward. The fencer is conditioned to see when a stop hit is relevant or a parry. It becomes a lovely choice game and important that on the stop hit, the blade stays still until the fencer can see into which line the coach finishes.

At 2mins 20secs the timing of the stop hit in relation to the step back is established and the lesson quickly moves into a competitive mode, partly because of the wider distance and increasing the energy in the movement, but also because of the choices involved. The addition of a second counter riposte towards the end is sweet.

The next video takes these ideas as the foundation for developing a continuity hitting exercise. Absolutely imperative that the fundamentals of distance and timing are retained as the technical content is increased.

<https://www.youtube.com/watch?v=Uwf1tclKvSo&list=PLW9OQerjy9W3kizillfQ6wokHKCpTU05Y&index=44>

Notice in this next video that the fencer does not anticipate when the hits occur. I.e. they don't automatically do a tierce-head-tierce-flank-tierce-chest. They work with the coach and in this way the end of one action becomes the start of the next action. It can look a little tick-tock to start with, but it's important that the fencer does not anticipate actions, but rather operates in the moment.

<https://www.youtube.com/watch?v=TuPEWml4nkY&list=PLW9OQerjy9W3kizillfQ6wokHKCpTU05Y&index=45>

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