

FIE COACH PROGRAMME, SABRE

Observations, Learning and Thoughts

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30. Compound Attacks

It is possible to get confused by terminology in these next videos, so let's be clear. In these exercises, the "compound" action refers to the final hitting action. The first turn of the blade is simply the start of the attack rather than the feint of the compound action. It's an important distinction, because the game inherent in these exercises is for the fencer to determine whether to finish direct, indirect or compound.

As before, there is preparation and the cutting edge of the blade is turned towards the target as the attack is launched, but the final action is either direct or compound. Can you see what the coach does to elicit the different responses for the final cut or cuts?

<https://www.youtube.com/watch?v=vJEesP6m2To&list=PLW9OQerjy9W3kizillfQ6wokHKCpTU05Y&index=170>

There is a nice build up and shaping of the action in this next video so we can see more clearly this coach's methodology. Starting with the direct hit, the fencer is encouraged to recognise the difference between an opportunity for a direct hit or a compound action. The coach subtly moves forward to draw the first or slightly back for the parry for the latter.

<https://www.youtube.com/watch?v=Ss9MF4ulcBQ&list=PLW9OQerjy9W3kizillfQ6wokHKCpTU05Y&index=171>

You can see in this video how difficult this lesson can be if the fencer is not absolutely clear what is preparation and what is attack.

<https://www.youtube.com/watch?v=eBuGycGN6xo&list=PLW9OQerjy9W3kizillfQ6wokHKCpTU05Y&index=172>

This last video is a very nice one to finish with, bringing together everything we have learned and putting it into a low-line compound finish.

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