

FIE COACH PROGRAMME, SABRE

Observations, Learning and Thoughts

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

29. Prime

In some ways, prime can be just too big and unwieldy, but in the right moment, it can be deployed to amazing effect.

The set up in this exercise is by way of a preparation to seconde. From there, it's possible to set up a beat attack, a counter-time action, a beat counter-attack, or a parry depending on the tactical situation and the response from the coach. For this reason, it's important the fencer is clear about the tactical context in which the exercise is being practiced. And possible even more important that the coach can replicate accurately the responses that an opponent might deploy.

<https://www.youtube.com/watch?v=PHmOFnpTBJg&list=PLW9OQerjy9W3kizillfQ6wokHKCpTU05Y&index=164>

The coaching begins when the coach introduces a choice - either retreating with distance or attempting a stop hit. Notice how it is the introduction of the game of choice that communicates the importance of distance control to the fencer.

The technical elements are practiced in detail in this next video. Remember that from a distance perspective, the seconde engagement is at preparation distance; the prime beat at attack distance; and the hit at tempo distance.

<https://www.youtube.com/watch?v=2pl1b5O0cE4&list=PLW9OQerjy9W3kizillfQ6wokHKCpTU05Y&index=165>

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