

# FIE COACH PROGRAMME, SABRE

## 6. Footwork

Let's start by warming up the en guard position.

[https://www.youtube.com/watch?v=X84PN\\_UlbP4&list=PLW9OQerjy9W3kizillfQ6wokHKCpTU05Y&index=18](https://www.youtube.com/watch?v=X84PN_UlbP4&list=PLW9OQerjy9W3kizillfQ6wokHKCpTU05Y&index=18)

And now with movement, in and out of the en guard position.

<https://www.youtube.com/watch?v=DiFV3kDHgDM&list=PLW9OQerjy9W3kizillfQ6wokHKCpTU05Y&index=20>

Even when practicing the simple step forward or step backward, we can introduce timing to change cadence or direction as demonstrated in the next video.

[https://www.youtube.com/watch?v=03D5uc0\\_pXY&list=PLW9OQerjy9W3kizillfQ6wokHKCpTU05Y&index=16](https://www.youtube.com/watch?v=03D5uc0_pXY&list=PLW9OQerjy9W3kizillfQ6wokHKCpTU05Y&index=16)

So we know the step and the lunge and the step-lunge. But like most of this course, there is a strong focus on timing, or the “when” of the lunge.

<https://www.youtube.com/watch?v=r0-KXLf-Hzs&list=PLW9OQerjy9W3kizillfQ6wokHKCpTU05Y&index=14>

In this next video, the coach starts to explore the half-step, both backwards and forwards and shows how to link this as a preparation for the lunge.

<https://www.youtube.com/watch?v=l2AKWEnS6dM&list=PLW9OQerjy9W3kizillfQ6wokHKCpTU05Y&index=28>

This next session is very well progressed adding preparatory steps and exploring timing coming off the back foot or the front foot.

<https://www.youtube.com/watch?v=tEV9y3oBiV4&list=PLW9OQerjy9W3kizillfQ6wokHKCpTU05Y&index=29>

Finally, we come back to the coordination of the timing for the lunge. So precise!

<https://youtu.be/EDsr49RF6b0?t=565>

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