

FIE COACH PROGRAMME, SABRE

Observations, Learning and Thoughts

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11. Prime

Building on everything we have learned so far and using a Preparation- Distance- Timing model to help us understand what is going on at each stage, we can appreciate how the prime parry is constructed.

<https://www.youtube.com/watch?v=fD-h585hJzs&list=PLW9OQerjy9W3kizillfQ6wokHKCpTU05Y&index=55>

This time, the defence is prepared with the point under the wrist, the distance matches the coach and the parry riposte is made in time, dealing with the end of the attack. Did you work out how the fencer knows whether to riposte to head or to flank? Where the coach's hand finishes high, the flank riposte is on. When the coach finishes with the hand low, the head riposte is more likely to succeed.

Let's now have a look at some of the issues in detail. In the next video the coach gets the fencer to make two touches under the wrist to help solidify the feeling for where the blade should be as the defence is prepared. Next, the coach demonstrates the potential for "blind-siding" oneself when making the prime parry. To get the parry to the correct place, the coach should cut to chest and encourage the fencers move the guard across the body, rather than up to their face. I also like the riposte to flank, but note where the coach's hand ends to encourage this hit.

<https://www.youtube.com/watch?v=Fw39geffNWg&list=PLW9OQerjy9W3kizillfQ6wokHKCpTU05Y&index=57>

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