

# FIE COACH PROGRAMME, SABRE

## Observations, Learning and Thoughts

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### 14. Disengage

Following on from the previous lesson on feints, the mechanics of the disengage are easier to follow. If you haven't looked at article 13, I'd suggest you do that one first.

The initial feint this time, as the coach moves to tierce, is to chest, then, as the coach forms quarte, the blade goes under to finish in flank with a "hit-move" motion. Remember to move the hand forward for the hit and not right to left (for the right hander).

<https://www.youtube.com/watch?v=Ui7Guy40trg&list=PLW9OQerjy9W3kizillfQ6wokHKCpTU05Y&index=75>

There are three distinct actions to begin with that becomes contained in one unit of distance (the lunge) from about 2min 20secs. It's feint-hit-move to start, then progressed to one complete attack through the lunge. Musicians will be familiar with this progression: start with three crotchets, then a triplet, then a semi-quaver triplet.

Even at the higher speeds, the timing relationship in this lesson is dictated by the coach in the way he gives the initial opening to how he attempts to take the parry.

Once fully established, the coach can then attempt to parry the final action with a tierce parry and a step back to test the timing of the hit and to coach the student to even higher levels.

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