

FIE COACH PROGRAMME, SABRE

Observations, Learning and Thoughts

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

23. Beat Attack

The beat can be made as a preparation or as part of a defensive or offensive action. The beat-attack is part of the final hitting action. The “hit-move” feel for the hit remains important and on the final action there are three distinct sounds - the beat, the hit and the landing of the front foot.

Also, this is one of the first lessons in the programme that is student-led. That is to say, the coach moves after the fencer and may, or may not, present the beat attack opportunity.

<https://www.youtube.com/watch?v=W8zSKJTRnuA&list=PLW9OQerjy9W3kizillfQ6wokHKCpTU05Y&index=136>

The same beat attack can be delivered to the top of the wrist, taking care to avoid the guard of the coach/opponent. This is another example of how the hand moves forward, rather than towards the intended target. All hits to wrist are necessarily angulated to avoid contact with the guard.

<https://www.youtube.com/watch?v=vBB7a9Wpgzk&list=PLW9OQerjy9W3kizillfQ6wokHKCpTU05Y&index=137>

From 1min 20secs a second beat attack is added to help consolidate the action for this fencer. The addition of a parry riposte is a good way of helping the fencer distinguish between a beat and a parry.

<https://youtu.be/vBB7a9Wpgzk?t=94>

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