

# FIE COACH PROGRAMME, SABRE

## 1. Direct Hits

Video Link: <https://www.youtube.com/watch?v=Rhcy5hsEJos&list=PLW9OQerjy9W3kizillfQ6wokHKCpTU05Y>

The Hungarians start lessons with what they call “preparatory actions”. By this we simply mean exercises that help calibrate the fencer in relation to distance and timing.

Notice how close the coach and fencer stand at the beginning of the lesson. The most important aspect of fencing is timing and this can be established from a close distance. Note also that the coach corrects hitting from the shoulder in preference to extending from the elbow. The two consecutive hits is introduced early on. This is an important rhythm, both in terms of distance and timing, but also to ensure the fencer is cutting correctly with the fingers.

Having established the correct timing, the coach then gets the fencer to do two hits to wrist and two to mask. The forward target, the wrist, is the distance from which the final hitting action to body is made. So we aren't seeing an attack and a series of renewals here. We are seeing a method for building up a sense of moving the point through distance towards the final hit.

The first movement in the lesson is at 2min 20secs. Now this is pretty crucial, this idea of hitting AND THEN moving on the final action. The technical term for this is “shaping”, where the coach is building up to the final action which is likely to be a lunge. The hit timing here is inside the lunge. The end of the lunge is simulated by a step (after the hit).

At 2min 40secs the distance element is added. Think of the touches to wrist as distance. Again note the timing of the hit to head in relation to the final body movement.

Wonderfully simple, and terrific building blocks of distance and timing for what comes up in more advanced future lessons.

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