

FIE COACH PROGRAMME, SABRE

Observations, Learning and Thoughts

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13. Feints

Feints are difficult. There is a fine line between a feint and a preparation. The actions start in the same way but one is executed at the preparation stage and the other at the hitting stage. Let's see how this coach builds the feint.

<https://www.youtube.com/watch?v=XAIAP0o58nE&list=PLW9OQerjy9W3kizillfQ6wokHKCpTU05Y&index=66>

He starts with the direct action and then develops this into a feint, ensuring there is no contraction of the arm muscles. It starts off with three distinct actions, then two and builds towards one distance/timing unit (as demonstrated by the coach at 3min 15 secs). The beginner fencer needs a lot of help with this exercise before the skill is assimilated. Telling the fencer to do a head-flank will be to miss the opportunity to learn how to see direct, indirect and compound actions based on what the opponent/coach is doing. You can see this clearly in the following choice game of direct or compound action. Note the subtle changes in the coach's distance and what he does with his blade to give the correct signal.

<https://www.youtube.com/watch?v=uYb0sNeVZjU&list=PLW9OQerjy9W3kizillfQ6wokHKCpTU05Y&index=67>

The necessary coach blade action is more explicit in this next video. As is the amount of patience that will be required before the fencer acquires this skill. Try not to tell the fencer what to do, but instead make consistent blade signals.

https://www.youtube.com/watch?v=aUn_tVu6qXU&list=PLW9OQerjy9W3kizillfQ6wokHKCpTU05Y&index=68

And now with some more considered shaping from the coach, the preparation of the blade prior to the attack is introduced and the subsequent step is introduced to simulate where the lunge will be.

<https://www.youtube.com/watch?v=cpRhpJsHTSo&list=PLW9OQerjy9W3kizillfQ6wokHKCpTU05Y&index=70>

After a lot of work, we can start to put it all together. The turning of the blade for preparation, the movement through distance towards the hit.

<https://www.youtube.com/watch?v=NZHZwGf4SV0&list=PLW9OQerjy9W3kizillfQ6wokHKCpTU05Y&index=71>

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