

FIE COACH PROGRAMME, SABRE

Observations, Learning and Thoughts

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

25. Distance Games

Fencing is essentially a game of attack and defence, the possibility of success being very much reliant on the distance relationships between the two players. In each of the following games, one person takes the lead whilst the other learns how to follow.

In this first game, let the fencers play until they workout for themselves how to move. As the coach, ask questions about what works and what doesn't work so well.

<https://www.youtube.com/watch?v=unQ1wZLWXiY&list=PLW9OQerjy9W3kizillfQ6wokHKCpTU05Y&index=138>

This second game is similar, but at a better distance and the follower more focussed on maintaining control of the thumb and first finger. Personally, I'd have them, especially if they were children, wearing masks or using plastic swords.

<https://www.youtube.com/watch?v=i880vtLOKno&list=PLW9OQerjy9W3kizillfQ6wokHKCpTU05Y&index=139>

Now we can extend the game to moving and hitting. It's not fencing, but it is a game within the game.

<https://www.youtube.com/watch?v=ArB2pasQXek&list=PLW9OQerjy9W3kizillfQ6wokHKCpTU05Y&index=140>

Games within games are great fun and good for engagement and holding attention, but also for the implicit learning. Even taking it completely outside the context of fencing, the discussion can still be about control, distance, attack and defence.

<https://www.youtube.com/watch?v=CtLuq5yT9H8&list=PLW9OQerjy9W3kizillfQ6wokHKCpTU05Y&index=146>

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