

# FIE COACH PROGRAMME, SABRE

## Observations, Learning and Thoughts

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### 24. Beat Counter

As well as attacks, beats are a very useful defensive skill. They can be used to take over right of way only (usually with a wider distance), or as a counter action (as the distance contracts). It can also be used in a second intention defence set-up. This one looks like a parry, but the beat is possible because the coach/attacker's blade is too deep.

<https://www.youtube.com/watch?v=OWsUTDII20M&list=PLW9OQerjy9W3kizillfQ6wokHKCpTU05Y&index=143>

The lesson begins with the coach moving the hand first so that on the step of the step-lunge, the beat is possible from the pupil.

Once mobile, it's important that the coach moves the fencer smoothly and then attacks (poorly) replicating a surprise attack. This surprise element helps the fencer to understand the reaction time. The coach blade in the low line again helps to tune the fencer into what they are reacting to, see the difference between preparation and attack.

Once the action is competent, it's important the fencer controls the end of the beat action. Remember, the end of one action is the beginning of the next. Note how the coach encourages the fencer to control the blade at the end of the hit to then take the correct parry.

There is a nice preparatory exercise in the next video. The fencer can beat wrist, beat arm, beat head, but then control the point at the end of the head hit, to take the appropriate parry, with appropriate distance.

[https://www.youtube.com/watch?v=1HARgD0XE\\_E&list=PLW9OQerjy9W3kizillfQ6wokHKCpTU05Y&index=141](https://www.youtube.com/watch?v=1HARgD0XE_E&list=PLW9OQerjy9W3kizillfQ6wokHKCpTU05Y&index=141)

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