

FIE COACH PROGRAMME, SABRE

Observations, Learning and Thoughts

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12. Quinte and Counter Ripostes

Another parry here, quinte, but one that moves quickly to counter ripostes.

<https://www.youtube.com/watch?v=bxp92C0uVAI&list=PLW9OQerjy9W3kizillfQ6wokHKCpTU05Y&index=58>

This time, the preparation of the blade is to the outside of the wrist. If the fencer has gone through this programme, they will be used to the idea of preparing the blade for defence and then taking more than one parry riposte. I think these building blocks need to be in place before the counter riposte is attempted. As the timing of the delivery of the riposte is sharp enough, the coach can now parry the first riposte to make for an even sharper counter riposte.

In this example, the coach starts with ripostes and counter ripostes to flank. I think this is a safe bet for a number of reasons. Firstly, it avoids an over reliance on ripostes coming from the shoulder that you might get with head and chest ripostes. Secondly, it's a relatively easy start for the coach to go from a hit to head to a tierce-head riposte.

Can I make a comment about the high hand finish by the coach. To some purists, this might seem unnecessary, but to me it simply simulates any high action that might follow the end of an attack, whether a counter attack or a parry.

When the fencer moves to ripostes to chest, the coach corrects the hand position for the parry, again there is always a danger that the deltoid muscles will take over the work that the hand should be doing. But this will lead to a hard hit, rather than a well timed riposte.

A word to finish about the quinte counter ripostes. The bigger the coach parry, the bigger and slower will be the fencer's counter riposte. It is essential that coaches spend time exploring the most effective and efficient means of simulating this situation. We don't want the fencer to be as good as us, we want them to be far superior. A full parry by the coach is therefore ill-advised. A simple turn of the wrist will produce amazing responses. Some suggestions for coaching quinte are contained in this video.

<https://www.youtube.com/watch?v=Nz-5kqhDmoo&list=PLW9OQerjy9W3kizillfQ6wokHKCpTU05Y&index=60>

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