

BASIC SABRE SKILLS: 1



Safety

- 1 Wear the safety gear provided
- 2 if uncertain about safety (a) stop, and (b) ask
- 3 don't point weapon at anyone who's not wearing a mask
- 4 don't carry weapon under your arm
- 5 don't turn your back on your opponent
- 6 don't cross between two fencers or immediately behind them

Building a fencer from the ground up

Best position for combined stability, agility & defensible (the en garde position)

- 1 feet. Right angles, shoulder width apart, leading foot forwards
- 2 legs. Bent at knees
- 3 body. Upright, angled away from opponent, horizontal shoulders
- 4 head. Looking straight forward
- 5 arms. held out from body & bent at elbow

Grip the sabre lightly so that your thumb runs along the top of the handle, the index finger wraps around its other side and the little finger curls around it a bit lower down.

Stand with your weapon hand protected by the sabre guard, your forearm parallel with the floor and the blade at an angle so that it crosses your body and looks like it crosses your opponent's nose.

Control the movement of your sabre with your fingers, keep your wrist flexible and let your elbow follow. Do not let your shoulder move with the weapon, but let your whole body move instead.

As you move forwards and backwards keep your body upright. Avoid swaying, tilting or rotating. Always face your opponent.

Aim for the edge of target: your opponent's head, body and arms

Score by a light tapping action with the side of the blade nearest the tip (hit or touche).

Defend your own target by stepping back or blocking with your own weapon.

Future lessons

- 2 Attack
- 3 Defence
- 4 Deception
- 5 The whole game