

BASIC SABRE SKILLS: 2

How to attack

- 1 By simple extension
- 2 With a step forwards
- 3 With a lunge

Target worth attacking

- 1 head: top of the mask
- 2 cheek: side of mask, same as opponent's weapon
- 3 chest: side of chest, opposite opponent's weapon
- 4 flank: side of body next to opponent's weapon
- 5 arm: forearm, behind opponent's weapon

Taking a cut

- 1 Control the movement of the sabre with your fingers and thumb
- 2 Steer the weapon towards your opponent's target
- 3 So that your weapon arm straightens out but doesn't lock
- 4 Complete the hit with a light tap on the part of target you were aiming for
- 5 This action is taken with the fingers: not the elbow or shoulder
- 6 Return to the on guard position

Moving forward to attack

- 1 step in before completing the cutting action
- 2 start to straighten the weapon arm
- 3 steering the leading weapon edge towards the chosen target
- 4 take a cut at target after completion of the step

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

Adding explosive power

This is done with a lunge; a movement that finishes off an attack much more quickly than a step forwards. The lunging action starts after the weapon arm begins to propel your sabre forward.

- 1 lift the leading foot off the ground, toes first
- 2 push with the rear leg so that it straightens at the same time as the weapon arm completes its straightening
- 3 let the rear arm fall back to act as a counterweight
- 4 complete the cut before the leading foot lands
- 5 ground the leading foot so that your front knee is at right angles
- 6 to recover into the en guard position, push back off the ball of the leading foot and bring the trailing arm back up at the same time as the weapon arm recovers its bent position

NB do not overstretch on the lunge. The emphasis is on adding speed at the end of the attack and not on distance. If you need more distance for your attack, try a step before the lunge.

