

## **SABRE TRAINING 3**

### **PREPARATIONS AND THE BEAT**

A preparation of the attack is any movement that prepares the way. This can be a movement of feet, blade or both. The end result can be simple or compound. Two common preparations in sabre are the step forward and the beat attack.

First ensure that you are at full sabre fencing measure when you train. You should just be able to cut to wrist when you lunge. To cut to head, chest and flank will require a step and a lunge (step-lunge).

A beat is distinctly different from an engagement. With the engagement to quarte, the hand moves across to the quarte position.

With the beat, the hand stays on the tierce side performing a short offensive action on the opponent's blade by using the fingers. If it is wide, it can be deceived.

When training the attacker should beat the centre of the blade. Sabre beats will typically be executed when the rear foot lands, followed immediately by a lunge. They can be made with the forward edge of the blade either down or across, and also with the back edge.

A beat must be delivered on the top two thirds of the opponent fencer's blade. Start by practicing with the hand close enough to strike the centre of the opponent's blade with an extension of the arm. The beat should typically be 175-00mm wide which is difficult to deceive.

**F Koksis, July, 2006.**