

SABRE TRAINING 4

COUNTER RIPOSTES

A counter-riposte is an offensive action which follows the successful parry of a riposte or counter-riposte. It can be simple or compound and delivered by the attacker or the defender. It is an action of second intention.

Start by doing three parries and ripostes in succession. After this routine has been established, introduce the counter-ripostes. Concentrate on the technique: speed will come later.

The cut to the flank is a horizontal cut, with the hand in pronation. Start at a distance where a cut to the head can land by straightening your arm (no lunge). Try to maintain a rhythm. The three actions should follow in turn with no pause between the parries and ripostes.

Stand on guard at straight arm distance to head. The exercise begins with the three parries and ripostes, correctly executed. When mastered, the counter-ripostes can be introduced gradually as the next development.

F Koksis, July, 2006.