

TABLE OF CONTENTS

Intro and Chapter One of the student text are not addressed in this manual – they are devoted to overview and history

Chapter Two (Stance and motion)	01
Chapter Three (The weapon, holding, hitting)	03
Chapter Four (Defense—the supinated parries)	06
Chapter Five (Right of way, Riposte, Remise)	09
Chapter Six (Grand Distance, accelerating extension)	11
Chapter Seven (Disengages)	13
Chapter Seven-A (Indirect ripostes with and without footwork)	15
Chapter Eight (The Beat)	16
Chapter Eight-A (Beat disengages – special problems with footwork)	18
Chapter Nine (The One-Two)	19
Chapter Nine-A (The One-Two Riposte)	20
Chapter Ten (Counterparries)	21
Chapter Ten-A (Ripostes from the Counterparry – direct and indirect)	23
Chapter Eleven (Counterdisengages)	25
Chapter Eleven-A (The <i>Double</i> and counterdisengages off the beat)	27
Chapter Twelve (Tournament Organization)	29
On Testing and Grading	30
 <i>Appendixes</i>	
A course of study for the syllabus	31
The one-minute distance drills explained	33