

CHAPTER ELEVEN

Drills:

Even though the students have had a lot more work on combining finger, arm, and leg motion by now, some separation of the skills is still useful. It is an option to separate the drills involving only the outside line Countersixte from those of the inside line -- going through the whole drilling procedure for one before introducing the other.

I often go back to the “circle around the coach” configuration to check their initial attempts to execute correct counterparries.

The hand only:

At *advance* distance:

Line A extends

Line B executes Countersixte in attempts to find the blade

These should be slow initially, and get faster as the students gain confidence in their evasions; these should also be a-rhythmic; each attempt at the blade should be a new move, to be seen by (and reacted to by) the extended fencer.

Line A executes counterdisengages, keeping the arm extended

At *advance* distance, Line B in parry Quarte position (leaving outside line open)

Line A extends

Line B executes Counterquarte in attempts to find the blade

These should be slow initially, and get faster as the students gain confidence in their evasions; these should also be arhythmic; each attempt at the blade should be a new move, to be seen by (and reacted to by) the extended fencer.

Line A executes counterdisengages, keeping the arm extended

The hand and the arms:

At *Extension* distance:

Line A is on guard, begins slow extension

Line B attempts to find the blade with Countersixte (start slowly, speed up, etc.)

Line A executes counterdisengage and continues extension, speeding it up, to hit

At *Extension* distance, Line B in parry Quarte position (leaving outside line open)

Line A is on guard, begins slow extension

Line B attempts to find the blade with Counterquarte (start slowly, speed up, etc.)

Line A executes counterdisengage and continues extension, speeding it up, to hit

The hands and legs:

At *Advance* distance:

Line A extends, keeps distance with line B in full extension

Line B advances, retreats

Line B attempts to find blade with Countersixte

Initially this will be done after stopping footwork (that is, stopping briefly)

As skill level increases, add continuing to move while going for the blade

Line A disengages, maintaining extension and distance

The hand, arms, and legs in combination:

At *Advance* distance:

Line A begins extension

Line B parries Countersixte

Line A executes counterdisengage and finishes extension with advance to hit

At *Advance* distance:

Line A begins extension

Line B parries Quarte

Line A disengages

Line B executes Counterquarte

Line A executes counterdisengage and finishes extension with advance to hit

At *Advance* distance:

Line A begins extension

Line B parries Quarte and retreats

Line A disengages, continuing extension with advance

Line B executes Counterquarte with retreat

Line A executes counterdisengage, lunges to hit

At *Advance* distance:

Line A begins extension

Line B parries Countersixte and retreats

Line A executes counterdisengage with lunge to hit

At *Advance* distance:

Line A begins extension

Line B parries Quarte and retreats

Line A disengages with advance

Line B retreats with parry Counterquarte

Line A executes counterdisengage and lunges to hit

All manner of other hand, arm, and leg combinations are possible, and make good extensions to the warm-up drills.