

En garde - exercise 1

Exercise En garde

Goal Practise correct basics in posture, position and balance

Material

- Big mirror to see yourself and check positions
- Line on floor (carpet, tape) to align feet

Action

- Get in en gardeposition
- Relax or light bounce up/down, then jump in en garde position again

Repeat 10x: en garde-bounce, en garde-bounce, etc

Check points

- 1) Once you've jumped in position, check yourself in the mirror
- 2) Front foot points to opponent
- 3) Back foot at 90 degree angle
- 4) Sit deep, knees bent
- 5) Body and head perfectly vertical
- 6) Weight 50%-50% over both feet
- 7) Weapon hand bent

