

# Lunge - exercise 4

**Exercise** Lunge

**Goal** Correct explosive lunge or slow lunge in balance

**Material**

- Big mirror to see yourself and check positions
- Without or with a weapon

**Action**

- Stand in en garde position (fencing exercise 1)
- Relax or light bounce up/down, then jump in en garde position again

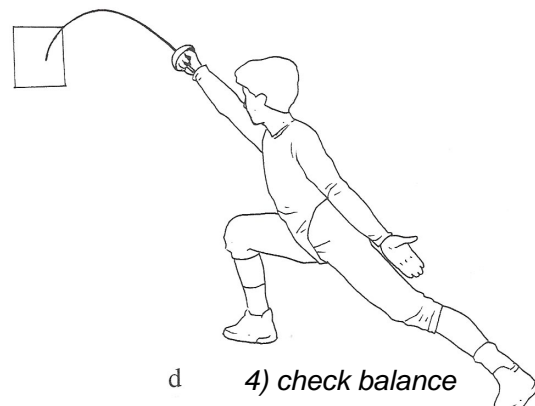
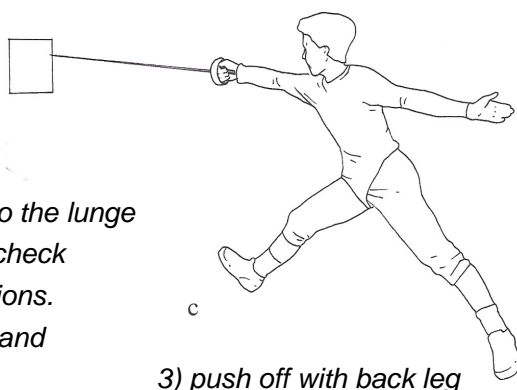
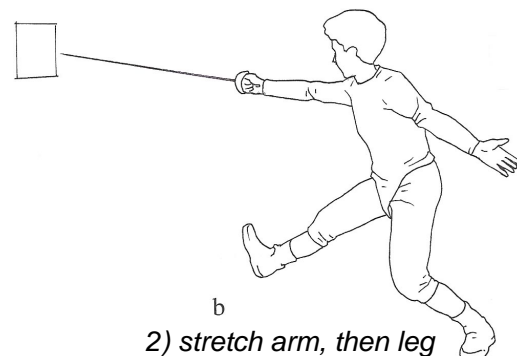
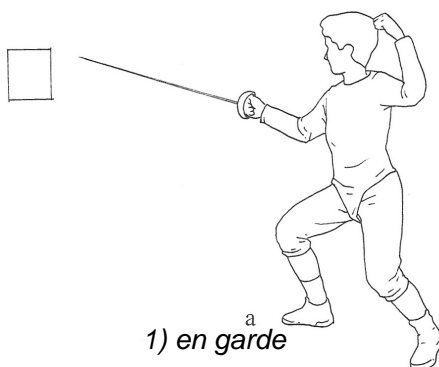
**Repeat**

- 5x lunge and back to en garde
- relax or bounce a little
- 5x lunge and back to en garde
- relax or bounce a little
- 5x lunge and back to en garde

Note: for variety you can combine exercise 3 with 1

**Check points**

- 1) Check that weapon hand extends FIRST. Always start with point!
- 2) Push off from back foot
- 3) Back foot remains 90 degree angle to the front foot
- 4) Front foot points to opponent
- 5) Keep body and head vertical



*Tip: first do the lunge slow and check your positions. Then fast and explosive.*