

Parry and positions - exercise 3

Exercise

Parry & positions

Goal

Practise basic fencing and parry positions

Material

- Big mirror to see yourself and check positions
- Target board (paper of exercise 4) for positions 6-4-7-8
- Weapon or index finger

Action

- Get in en garde position
- Go from position to position

Repeat

- 5x positions 6-4-7-8
- Relax, little bounce
- 5x positions 6-7-8-4

Note: for variety you can combine exercise 5 with 1 and 2

Check points

- 1) Keep eye on target / position
- 2) Keep point above your own right shoulder (in parry 6)
- 3) Keep point on line, never outside of opponent
- 4) Let someone call out positions out loud as you go to them

