

## **Sabre Grade 1.Demonstration.**

**The Grip:** The sabre grip ensures that the blade is held at an angle to the sword-arm, with the point up and in line with the head and the pommel nut protruding from the lower part of the hand. The sabre should be held between the thumb and the second flange of the index finger, with the remaining three fingers pulling the grip slightly away from the fleshy part of the thumb in order to have the guard in the correct position to cover the hand. The blade manipulation is mainly done with the wrist.

**The Salute:** Adopt the position of attention, feet together, mask, under the non-sword arm, sword in hand pointing down to the floor. Raise the sword so that the guard comes up to the chin, extend your arm out and up towards your opponent and then back down to your side.

**On Guard:** The on guard position is the same as for foil with the body upright, although the sword hand is held lower and the non sword-arm hangs by the fencers side.

**The Guard of Tierce:** The sword-hand is held about waist height and the point is in line with the head, with the cutting edge facing outwards.

**The Guard of Quarte:** This is the same as for Tierce except that it is taken up on the opposite side of the body, with the cutting edge facing outwards.

**Steps Forward and Backward:** These are performed in the same way as for foil, although more use of the Balestra and short running actions ending with a lunge are widely used.

**The Cut and Hits with the Point:** Sabre cuts are made in one of three directions, Vertical, Horizontal or Diagonal. The cut is made by extending the sword-arm with the hand held at the same height as the on guard position, and by relaxing the grip and pulling the last three fingers of the sword hand sharply onto the handle, making the point drop and return to produce a light cut. The elbow and shoulder should be relaxed at all times.

Point hits are made with the hand in full Pronation.

**Cut to Head:** Carry the hand straightforward bringing the edge of the blade in line with the top of the head. The arm should not be raised, as this would expose the lower arm. When the target is reached, hit with a cut as described above.

**Cut to Flank:** When making this attack the hand is lowered and pronated further so that the cut is made diagonally upwards under the sword-arm, hitting the flank of the opponent.

**Cut to Chest:** There are two ways of making this cut. One is to cut as if to head or cheek, this is known as a dry cut, the other way is to cut through the side of the blade, making a circular type of movement, this is known as a through cut. Making a circular movement with the wrist makes this cut. The blade should travel diagonally from high on the opponents left side of the chest to under the sword arm. The circular

action will bring the attacking blade back to the guard position. This attack can also be used as a cut to belly.

**The Lunge:** This is performed the same way as in foil, finishing with a cut to head, flank, or chest (note the sword-hand is not raised at all).

**Parry and Riposte:** The parry of Tierce is made by moving the forearm from left to right keeping the hand low so that the guard is level with the hips, with the cutting edge directed outwards. The parry of Quarte is made in the same way except that the arm moves from right to the left side.

**The Parry of Quinte:** This is the defence against cuts to the head. From the on guard position extend the sword-arm forwards and drop the point, at the same time rotating the wrist and forearm so that the blade scoops under the opponents blade, finishing so that the hand lies laterally above the head, the point should be slightly higher than the hand. The edge of the blade is directed upward, with the thumb underneath to take the force of the cut.

### **Description.**

**How to use a Sabre Safely:** Never fence with a broken blade. Never wave the sabre about (e.g. when putting on your mask or in a group). When not in a bout hold the sword either by the point or by the grip with the point facing downward. Make sure the sabre is tightened up properly and not too rusty or bent.

**How to Fence Safely:** Never fence without a mask and suitable protective clothing (make sure that the mask is not bent or rusty). The jacket must cover the target area and have no rips or holes. Never fence or fight without supervision. Never leave your equipment unattended. Always warm up before Fencing.

**The Target:** The target area for Sabre is from the waist upwards including the head, arms, and hands.

**The Principles of Fencing with a Sabre:** Fencing with a Sabre is governed by a rule. This states that the fencer who first straightens the sword-arm or whose arm is in the process of straightening, with the cutting edge threatening the opponents target has the right to attack. In order to take away this right of attack, the opponent must parry before he/she can riposte, or carry out his or her own attack.

The target is restricted and hits landing off target stop the bout but do not score.

**An Attack and Parry Riposte:** Attack to the head with a lunge. Allow your attack to be parried. The defender ripostes to the head, take the parry of Quinte and riposte with a cut to the flank. All actions are carried out while in the lunge position.

**Fencing Etiquette:** Fencing is still taught by the ancient rules of chivalry.  
When fencing always;

1. Shake hands with the coach at the start of the session.
2. Salute at the end of the session or training.
3. Salute the Judges, President and the Opponent before a bout.
4. Shake hands and change ends halfway through the bout
5. Shake hands at the end of a bout with the president and opponent.

**Technical fight with the coach showing syllabus learnt.**