

Foiled Again Fencing Club www.foiledagain.co.uk British Fencing No: 31425







The Lunge.

How to execute the lunge is described in the Foil Grade 1 handout. The illustration below shows the main points to look for in the final lunge position. However the most important thing to remember is practice makes perfect, and also makes lunging easier the more your muscles are conditioned to working.

