

5. Tierce En Guard Position

The importance of technique and quality of movement and finish cannot be overstated. By starting close and simple, give the student lots of help and nurture their precise actions, distance and timing. For example, by using the step in place of the lunge and gradually lengthening the action into the lunge as appropriate to the fencer.

There is quite a bit of verbal description in this video, but it is gold dust.

<https://www.youtube.com/watch?v=10rTqPAM5Ds&list=PLW9OQerjy9W3kizillfQ6wokHKCpTU05Y&index=26>

The fencer starts in a correct tierce position, with elbow tucked in and upper arm relaxed.

Starting with crossed swords, the coach does more than just give an opening, they “pull” the hit on to the target, ensuring the forearm remains as parallel to the floor as possible and make small cut.

Notice that when the coach puts the fencer back on guard, he meets the blade just below mid point on the fencer’s blade. This helps the fencer avoid tightening the deltoid muscles in response to a heavy action into the guard.

Once the turning of the blade and the hitting action is sufficient, a double cut is introduced.

Further examination of the tierce position and the delivery of the hit is found in the next video.

<https://www.youtube.com/watch?v=BxN4vh7-QAg&list=PLW9OQerjy9W3kizillfQ6wokHKCpTU05Y&index=27>

Always happy to take any questions on prof.carson@yahoo.co.uk