

Simple Defense Exercises

Contributed by Administrator
Wednesday, 26 November 2003

Simple Defense Exercises - Parry/Riposte Drills

- Distance Control Exercise #1 (No Parries Allowed!)
- L - Varies the length of attack (intentionally fall short)
- P - No retreat (get used to the idea of not flinching)
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- L - Varies the length of attacks (some may reach target)
- P - Retreat if the attack would hit. (Keep the distance as tight as possible, one inch away from the attacker's point.)
- Distance Control Exercise #2 (No Parries Allowed!)
- L - Make false attack
- P - no retreat
- L - Make real attack
- P - Retreat, keeping distance tight - point one inch away from target.
- Point-in-line from Lunge
- P - Lunge, leave point-in-line
- L - Attack on to the point (one-tempo after lunge)
- P - Remain in lunge and in line, allow L to impale self.
- P - Lunge, leave point-in-line
- L - Begin attack, attempting to take the blade (lateral parry)
- P - Derobement (deceive), remain in lunge and in line.
- Parry - Attack on Preparation Choice Exercise
- L - Simple attack
- P - Parry (no riposte)
- L - invite w/advance
- P - attack on preparation (no lunge - use advance w/extend)
- Beat and Opposition Parry Exercise
- L - Straight attack
- P - Early beat parry w/direct ripost, then retreat
- L - Continue attack (advance, long lunge, etc.)
- P - Lateral opposition parry and opposition riposte
- Intercepting Parry - Riposte w/advance
- L - Straight attack
- P - Parry seconde w/opposition riposte by interception (while advancing)
- Decision for parry with retreat
- L - Straight attack
- P - Parry (no retreat) and riposte

- L - Very strong straight attack
P - Parry w/retreat and riposte

- L - Feint straight attack as lunge begins P - Attempt parry (no retreat) L - deceive with lunge P - Parry with retreat and riposte

- Offensive second intention exercise
P - Straight attack - false (intentionally fall short)
L - Parry and riposte
P - Parry and counterriposte (remain in lunge)