

Feint-Deceive Exercises Part 1

Contributed by Administrator
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Feint Deceive Exercises (P: Pupil, L: Leader)

1. Feint Deceive Decision Exercise

A. P: Begin Attack (Simultaneous Tempo)

L: No reaction

P: Continue attack and hit

B. P: Begin attack (Simultaneous Tempo)

L: Attempt to parry

P: Deceive and hit on the completion of the lunge

NOTES: + It is easier for the student if the deceive is into the line of 4

+ The Leader's parry should not be early

+ The student should execute the deceive during the lunge

2. Feint Deceive or Beat Attack Option

(This should be from advance lunge distance.)

A. L: Begins advance (no extension)

P: Feint with the beginning of the lunge

L: Attempt to parry on the completion of the advance

P: Deceive and hit on the completion of the lunge

B. L: Extend and advance

P: Beat attack with lunge

3. Simple Attack or Feint Attack Option

A. P: Begin straight attack

L: Attempt to parry

P: Hit, if possible, on straight attack

L: Hit, if possible, on a riposte if the parry is successful

B. P: Begin straight attack

L: Attempt to parry

P: Deceive and hit with the completion of lunge, if possible

L: Attempt a second parry and riposte if the parry is successful

4. Slow/Fast Cue Perception

A. L: Give slow invitation cue (Open a line)

P: Straight attack

B. L: Give fast invitation cue

P: Feint with the beginning of the lunge

L: Attempt to parry

P: Deceive and hit with completion of the lunge

5. Double' Exercise

A. P: Disengage feint with the beginning of the lunge

L: Attempt a circular parry

P: Deceive attempted parry and hit on completion of the lunge

6. Double'- Deceive Exercise

A. P: Disengage feint with beginning of the lunge
L: Attempt a circular parry
P: Deceive attempted parry and continue the lunge
L: Attempt a second parry (lateral)
P: Deceive the 2nd parry and hit with completion of the lunge

NOTE - If you can not do all of the actions within one lunge, seperate each action (parry/deceive) into an advance with a lunge at the final action. If you do the drills this way, the Leader must maintain distance until the lunge.