

## Decision Point Exercises

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Concept: Each action you take in fencing contains a decision point. At the end of an advance you ask yourself: Am I close enough to attack? Are they stopping to make and attack on preparation? Are they defending their 4? etc. Your job is to train yourself to make the right decisions at the right time.

Your goals for the exercises are:

- Maintain optimum balance and coordination
- Maintain the distance at a critical edge (at the edge of your attack distance)
- Don't rush footwork; each segment contains a decision point
- Remain relaxed during preparations
- Accelerate on final action (only when the distance is correct)

Distance for these exercises: Lunge or long lunge distance.

Drill Options 1. L - Engagement or change of engagement of P's blade P - Change of engagement of L's blade and begin advance in preparation. L - Retreat (supporting P's engagement) P - Attack in Opposition with lunge or fleche (only if P's advance is completed before L's retreat and if the distance is correct.) 2. L - Engagement or change of engagement of P's blade P - Change of engagement of L's blade and begin advance in preparation. L - Retreat with a faster tempo than P's advance, finishing the retreat before P can finish the advance (supporting P's engagement) P - Do Not Attack - Remain relaxed and under control (at a higher level, a composed attack may be allowed) 3. L - Engagement or change of engagement of P's blade P - Attempt a change of engagement of L's blade (do not advance until the change of engagement is successful) L - Deceive P's engagement P - Do Not Advance in Preparation or Attack - Remain relaxed and under control 4. L - Engagement or change of engagement of P's blade P - Change of engagement of L's blade and begin advance in preparation. L - Retreat with a faster tempo and longer step than P's advance, finishing the retreat before P can finish the advance (remove the support from P's engagement sharply as the retreat begins) P - Finish the advance, but Do Not Attack - Remain relaxed and under control