

## Preparations of Attacks - Preparations D'Attaque

Contributed by Beatrice Pickup  
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These drills are designed to help you to learn various ways of using preparations. Most of these are done without movement, and should be used to get a feeling for the blade.

### PREPARATIONS OF ATTACKS - Preparations D'Attaque

#### PRELIMINARY EXERCISES

C = Coach, P = Pupil

#### A. Engagement (Quarte, Sixte, Septime and Octave)

1. C - Engage, return to starting position  
P - Engage, return to starting position
2. C - Engage - press, return to starting position  
P - Engage - press, return to starting position

#### B. Blade Actions with Press and Beat (Quarte, Sixte, Septime and Octave)

1. C - Engage - Press  
P - Return Press and thrust
2. C - Engage - Press  
P - Returns press when coach's press weakens  
C - Returns press when pupil 's press weakens  
P - Go under (disengage) and thrust (with or without lunge)
3. C - Beat  
P - Return beat
4. a. C - Double beat  
P - Return Double beat
  - b. C - Double beat (first weak, second strong)  
P - Return double beat (first weak, second strong)
  - c. C - Double beat (first strong, second weak)  
P - Return double beat (first strong, second weak)
  - d. C - Double beat (two strong or two weak)  
P - Return double beat (two strong or two weak)
  - e. C - Double beat (longer pause between them)  
P - Return double beat (follow the tempo of the coach)
5. C - Beat and extend  
P - Return beat, thrust with lunge
6. C - Beat and extend with advance or lunge  
P - Beat and extend (without lunge)
7. a. C - High line extension  
P - No Response
  - b. C - Low line extension  
P - No Response
  - c. C - Beat and extend  
P - Return beat. thrust with lunge

8. Same as in 7 a. b. & c. but from movement (footwork)

9. C - Beat - Press  
P - Return beat - press

10. C - Engage - press - beat  
P - Return Engagement - press - beat

11. C- presents blade  
P - engage - cut over (coupe)

If you have any drills, games, or training techniques that you would like to share, email them to me at [craig@fencing.net](mailto:craig@fencing.net).