

Tactical Practice

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Practice each of the following for 90 seconds without stopping.

- Advance a few times focusing on accelerating the advance each time. Now practice advance lunge, advance advance lunge, and so on up to five advances. Here we're practicing the accelerated attack. Occasionally, stop when advancing to make sure that you have balance.
- Now more active accelerated attack. Change the rhythm of the advances (fast slow fast) or concentrate on starting relaxed and dropping the hand a bit.
- Retreat retreat lunge. Also execute with 1 to 5 retreats. Here we're practicing foot tempo actions. Make a single tempo lunge or start a bit slower with feint deceive.
- Make an active foot tempo action by advancing then taking a half-retreat lunge. You can also make an active foot tempo by reaching out for a parry or pausing as you reach for a parry.
- Retreat retreat advance lunge. Execute with different number of retreats. This is a taking over the attack tempo You can also execute with jump lunge. Also execute with a line.
- More active taking over the attack tempo, go forward pause, and then making advance lunge or going forward then making a half retreat advance lunge. Finally use a longer retreat advance lunge.
- Retreat pause retreat lunge. Here you're using the pause to encourage the opponent to finish. Could also make a false parry. Make the pause short.
- Advance advance invite then either retreat, parry lunge, lunge, advance lunge or begin to advance again.