

Fencing Drills-V1.0

By: Warder Blackram

General Comments:

The more you practice the more ingrained actions become and less you need to think about during a bout.

We are here to look good, not just to win. If you want to hit hard, go to heavy. If you just want to win, go to sport fencing-Walter Triplette

It takes 1000 times of doing an action to commit that to memory. The body does not care if slow or fast.

Warm up

1. Stretch
2. Fight five hard fights to “win” against a single opponent-This will help your mindset.

Glove games

All glove games can be should be fought at 3 ranges

1. simple extension-just extend
 2. advance-step forward and extend
 3. lunge-lunge range
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1. Hit on Hand-good for speed
 - a. Take off glove
 - b. Face off into 2 lines
 - c. Use the glove to slap your opponents hand-note, opponent should not move hand until attack started.
 2. Glove Drop-good for balance and speed
 - a. Hold 1 or 2 gloves high or low
 - b. Face off into 2 lines
 - c. Drop glove at various distances
 3. Glove on Head-good for smooth motion and control, isolates arm
 - a. Place glove on head
 - b. Use boffer or tubes
 4. Glove in belt-teaches quickness and
 - a. Try to grab glove from belt
 - b. Train as group

Push Game: Try to push on 2 hands or slap hands

1. Can't move feet-can however move body (bend knees and move body)
2. Teaches balance and control



Group Drills

1. Bear Pit-looser stays, winner changes weapon
2. Critique Round Robin
 - 2.1. Set up circle to watch all aspects of the fighting
 - 2.2. Give positive compliments as well as mentioning the negatives
 - 2.3. Be kind
3. Line Drills
 - 3.1. Simple Trusts-teaches calibration
 - 3.2. Parry-riposte
 - 3.3. disengage-thrust

Pair Drills

1. Dagger Drill—this will teach to use ingrain the motion into the brain and keep you from simply waving the sword at your opponent after a parry.
 - 1.1. Done with rapier and dagger in a defensive stance
 - 1.2. Feet and body to remain fixed
 - 1.3. Make a thrust with the rapier, which your partner parries with his dagger. He then thrusts and is parried in turn.
 - 1.4. Start slow and increase the speed.
2. Distance Drill—this will teach how to maintain the ideal distance while moving
 - 2.1. Start in an offensive stance, rapiers crossed about 8 inch from the tip.
 - 2.2. One person is the leader, he will advance, retreat, circle, ect. The other person will follow the leaders moves, trying to keep the blades crossed.
 - 2.3. Start slow and increase speed.
 - 2.4. No attacks
 - 2.5. Can take a ribbon, make a bow with long tails and tie to each rapier. The object is to avoid untying the bow.
3. Blade Control-improve attacks and parries
 - 3.1. Start in an offensive stance in range of a small lunge. Place something behind the back foot to remind you not to retreat
 - 3.2. Spar with moving the back foot, this forces you to rely on parries rather than retreats
 - 3.3. Can use defensive stance and use secondaries



Individual Drills

1. Point Control-the most important part of fencing!!!
 - 1.1. Suspend a tennis ball so that it swings freely and practice hitting it.
 - 1.2. Start with simple thrusts and when proficient (eg 75% accuracy), work on parry-riposte and disengage-thrust
 - 1.3. Do not forget the off hand
2. Footwork
 - 2.1. Practice advances and retreats while in offensive, defensive, and transitional stances. Work in circles and straight lines
 - 2.2. Keep in mind good body position, try to stay balanced
3. Calibration-practice against the hanging ball or point on a wall
 - 3.1. When working with the ball, calibrate so that the ball does not move more than 3 inches after the thrust.
 - 3.2. When working with the wall, calibrate so that the sword does not bend when contacting the target
 - 3.3. Start with simple thrusts and then work on parry-riposte and disengage thrust
 - 3.4. Add footwork to the above when proficient



Training Schedule:

Week One

1. Warm-up
 - a. Stretches
 - b. Cutting diagram
 - c. 5 hard fights to win
2. Glove Games
 - a. Glove slap
 - b. Glove drop
3. Movement with your opponent
 - a. Tie string to blades and force movement together

Week Two

1. Warm-up
 - a. Stretches
 - b. Cutting diagram
 - c. 5 hard fights to win
2. Glove Games
 - a. Glove slap
3. Movement-put glove on head to encourage balance
 - a. Step Forward
 - b. Step Back
 - c. Slope Step
 - d. Compass Step
4. Avoiding with Body Drill
 - a. Attacker to thrust slowly at opponent
 - b. Opponent to avoid thrust by
 1. Stepping back
 2. Sloping to left and right

Week Three

1. Warm-up (as above)
2. Glove Games
 - a. Glove Drop
3. Movement (as above)
4. Movement with you opponent
 - a. Press forearms together and have a leader and follower-gets feel for movement of opponent
 - b. Same with sword
 - c. Same with dagger.
5. Point Control Drills
 - a. With post-it notes with eyes open
 - b. With eyes closed to get feel of blade



Week Four

1. Warm-up (as above)
2. Glove Games
 - a. Boffer (or use cloak) with glove on head
3. Avoiding with Body Drill (as above)
4. Parry/Repost Drills-Single Sword (*take time to do slow and perfect*)
 - a. Blade blocks with 4 and 6
 - b. Hand blocks

Week Five

1. Warm-up
2. Glove Game
 - a. Glove slap
3. Parry/Repost Drills-Single Sword
4. Parry/Repost Drills-Dagger
 - a. Dagger block and repost from dagger and sword forward
 - b. Dagger pass from Sword-*this can be also applied to RP and hand*

Week Six and Seven

1. Same as above with adding in other weapon forms.

References:

KWAR 2001 Classes by Walter Triplette and others
Moondragon Manual

