

# The MID-ATLANTIC SOCIETY For HISTORIC SWORDSMANSHIP

## Drills in the Use of the French Smallsword

Prepared by Larry R. Tom  
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**PREFACE:** The following drills are to be considered foundational. Over time, other variations to these drills, as well as new drills, will be added. These drills are designed to enhance the practitioner's basic skills in terms of both handwork and footwork. Also the drills provide for the opportunity to develop an understanding of specific techniques and counters.

All drills not identified as solo, are two person drills. During training sessions, the solo drills will be performed as a group. Away from training they can be performed by the practitioners individually. For the two person drills, the AGENT (A) is the initiator of the action, and the PATIENT (P) responds; however, the practitioners will switch and assume both roles. Start slow, frequently checking the posture and form of the technique, then increase the speed and intensity of execution.

All drills are by the author, except as noted.

### **LESSON 2. THE BASICS** [Ov: I-3, DA: Plates 2 & 3]

#### **DRILL 1: SOLO, THE TWO GUARDS**

Begin: In First Position

On count 1. Fencers assume the guard in Carte.

On count 2. Fencer move to assume the guard in Tierce.

Repeat at the instructor's discretion.

End: In First Position

### **LESSON 3. FOOTWORK** [Ov: I-4; DA: Pages 8 & 9, Plates 32 & 33]

#### **DRILL 1: SOLO, THE EXTENSION AND LUNGE**

Begin: En Garde in carte.

On count 1. Fencers perform an extension.

On count 2. Fencers perform a lunge in carte.

On count 3. Fencers recover in tierce.

On count 4. Fencers perform an extension.

On count 5. Fencers perform a lunge in tierce.

On count 6. Fencers recover in carte.

Repeat at the instructor's discretion.

### **DRILL 2: SOLO, BASIC FOOTWORK (from Steve Reich)**

1. The fencer starts in guard and begins by making one advancing step and then stopping for the "beat" of one step in a *step-rest-step-rest* pattern, continuing until he reaches almost the end of his space (i.e. he cannot advance any further), where he ends with a lunge and recovery.
2. Then, he returns to the place from which he started with retreats, i.e. *retreat-rest-retreat-rest*, again ending with a lunge-recovery. When he is confident with this, he should string two advances together: *advance-advance-rest-advance-advance-rest* and retreat the same way. This can be increased in complexity as the fencer increases his skill and stamina, for example: *advance-advance-advance-retreat-retreat-lunge-recover-rest*. As always, careful attention must be paid to form, mechanics, and weight-distribution.
3. There are endless variations on this drill which should be obvious. Increase the number of variations and the length of time spent on each of them as the fencer's technique and stamina increase.

### **DRILL 3. SOLO, BASIC FOOTWORK, THE PASS**

Begin: The fencers are in a line facing the instructor, En Garde in carte.

On count 1. Fencers perform a passing step with the left foot, then lunges in carte.

On Count 2. The fencers recover En Garde in tierce.

On Count 3. The fencer passes again, and immediately lunges in tierce

On Count 4. The fencer recovers again En Garde in carte.

Repeat at the instructor's discretion.

### **DRILL 4. SOLO, BASIC FOOTWORK, SILENT DRILL**

1. Begin: The fencers are in a line facing the instructor, En Garde in carte.
2. The fencer is to follow the instructor's movements. If the instructor retreats, the fencers advance, trying to maintain the same distance. If the instructor advances, the fencers retreat.
3. If the instructor stops and takes his tip off line, the fencers should immediately lunge.
4. The fencers should recover from the lunge only after the instructor brings his tip back on line.
5. Repeat at the instructor's discretion.
6. Variation 1. Fencers perform a pass-lunge when the instructor moves his tip off line.
7. Variation 2: The group can be divided into pairs, making this a two person drill. The instructor determines who will be the Agent. After a number of repeats the roles can switch.

### **DRILL 5. BASIC FOOTWORK**

1. Begin: The fencers face each other in proper measure and En Garde in carte.
2. The instructor designates the Agent, with the other line being the Patient.
3. The Agents follow the instructor's commands, which will be either to *advance, retreat, extend, lunge, and recover*; all of which will be given in various combinations at the instructor's discretion. The fencers will endeavor to maintain distance and execute each command in proper form.
4. After some time, the fencers repeat the drill engaged in tierce.
5. The drill is repeated with the fencers switching roles.

### **DRILL 6. THE VOLTES**

Begin: En Garde in carte.

On count 1. A thrust carte with an advance and lunge. P performs a demi-volta and strikes A lightly in carte.

On count 2. Both fencers recover.

On count 3. A thrust carte with an advance and lunge. P performs a full volta and strikes A lightly in carte.

On count 4. Both fencers recover.

Repeat at the instructor's discretion.

### **LESSON 4. HANDWORK: GUARDS, PUSHES, PARADES & RETURNS [OV: I-5 through 11, 14 through 18 ; DA Plates 4 through 9, 15 through 28]**

#### **DRILL 1: SOLO. THE BASIC PARRIES (from Bill Borgeau)**

1. Fencers line up against the wall in carte. At the instructor's command, the fencers perform carte parry, tapping the tip of their blade lightly on the wall, then perform a half circle parry to low carte, again tapping the wall. Fencers repeat this up-down motion concentrating on the hand position and their stance until the instructor calls halt.
2. Fencers line up against the wall in tierce. At the instructor's command, the fencers perform a tierce parry, then perform a half circle parry to quinte/octave. Repeat until the instructor calls halt.
3. Fencers remain lined up against the wall in tierce. At the instructor's command, the fencers perform a feather parry, then a seconde parry. Repeat until the instructor calls halt.

#### **DRILL 2: BASIC HANDWORK**

Begin: En Garde in carte, blades engaged.

On count 1. A thrust carte with an advance.

On count 2. P parries carte, riposte in carte.

On count 3. A parries carte, riposte in carte under the arm.

On count 4. P parries half circle, riposte in carte, and recovers.

Repeat at instructor's discretion.

Then fencers come En Garde in tierce, blades engaged.

On count 1. A thrust tierce with an advance.

On count 2. P parries tierce, riposte in tierce.

On count 3. A parries tierce, riposte in seconde under the arm.

On count 4. P parries in quinte/octave, riposte with in carte over the arm. Both fencers recover.

Repeat at instructor's discretion.

End: Both recover En Garde in carte; switch roles and perform drill from beginning.

(The drills continue on the next page.)

### **DRILL 3: MORE HANDWORK**

Begin: En Garde in tierce, blades engaged.

On count 1. A thrust tierce with an advance.

On count 2. P parries with the Feather Parade, riposte in seconde under the arm.

On count 3. A parries seconde, and thrust under the arm in seconde.

On count 4. P parries prime, and riposte with a thrust in carte. Both fencers recover.

Repeat at instructor's discretion.

Then fencers come En Garde again in tierce, blades engaged.

On count 1. A thrust under the arm in seconde with an advance.

On count 2. P parries quinte, riposte quinte under the arm. Both fencer's recover.

Repeat at instructor's discretion.

End: Both recover En Garde in tierce; switch roles and perform drill from beginning.

### **DRILL 4: FROM THE ENGAGEMENT IN CARTE**

Begin: En Garde in carte.

On count 1. A thrust carte with an advance.

On count 2. P parries carte, riposte in low carte.

On count 3. A half-circle parries to low carte, riposte carte under the arm.

On count 4. P parries octave/quinte, riposte with thrust in tierce.

On count 5. A parries tierce, riposte with thrust in carte over the arm.

On count 6. P parries tierce and riposte with thrust in seconde under the arm of Agent.

End: Both recover En Garde in carte, repeat at the instructor's discretion, then switch roles and perform the drill from the beginning.

### **DRILL 5: FROM THE ENGAGEMENT IN TIERCE**

Begin: En Garde in tierce

On count 1. A thrust tierce with an advance.

On count 2. P parries tierce, riposte with a straight thrust carte under the arm.

On count 3. A parries in seconde, riposte in seconde to the outside flank.

On count 4. P parries quinte/octave, riposte with a thrust over the arm in carte.

On count 5. A parries tierce, riposte with a straight thrust in tierce.

On count 6. P parries with a Feather Parade, riposte under the arm in seconde to hit Agent's outside flank.

End: Both recover En Garde in tierce, repeat at the instructor's discretion, then switch roles and perform the drill from the beginning.

### **DRILL 6: THE FLANCONADE AND ITS COUNTER**

Begin: En Garde in Carte

On count 1. A thrust at P in carte.

On count 2. P parries carte and riposte in carte.

On count 3. A Executes the Flanconade, concluding in quinte and thrusting quinte under the arm of the Patient.

Repeat at the instructor's discretion.

End: Both recover En Garde in carte; switch roles.

(This drill continues on the net page)

The Counter:

On count 1. A thrust at P in carte

On count 2. P parries carte and riposte in carte.

On count 3. A executes the Flanconade.

On count 4. Upon the initiation of the Flanconade by the Agent, Patient immediately turns his hand into seconde and thrust seconde into Agent's body.

Repeat at the instructor's discretion.

End: Both recover En Garde in carte; switch roles.

## **LESSON 5. OF DISENGAGEMENTS AND ENGAGEMENTS [Ov: I-12,13,23;**

**DA: Plate 29, Pages 57 through 60]**

### **DRILL 1: SIMPLE DISENGAGEMENTS**

Begin: En Garde in carte, blades engaged.

On count 1. A disengages to tierce.

On count 2. P changes hand position to tierce, disengages to carte.

Repeat at instructor's discretion.

Then fencers come En Garde in tierce, blades engaged.

On count 1. A disengages to carte

On count 2. P changes hand position to carte, disengages to tierce.

Both fencers recover En Garde in carte; switch roles and perform drill from beginning.

Variation: Perform this drill with footwork, where A advances on count 1 while performing the disengagement and P retreats. P advances on count 2 while performing the disengagement and A retrerats.

### **DRILL 2: DISENGAGEMENTS TO ATTACK**

Begin: En Garde in carte, blades engaged.

On count 1. A disengages to tierce and thrust tierce with an advance.

On count 2. P parries tierce. A disengages the parry and riposte with a thrust in carte.

Repeat at instructor's discretion.

Fencer's come back En Garde and engage in tierce.

On count 1. A disengages to carte and thrust cart with an advance.

On count 2. P parries carte. A disengages to tierce and riposte with a thrust in tierce.

Repeat at instructor's discretion.

Both fencers recover En Garde in carte; switch roles and perform drill from beginning.

Variation: On count 2, A disengages and riposte with a thrust to the low line.

### **DRILL 3: SIMPLE DISENGAGEMENTS FROM THE PARRY**

Begin: En Garde in carte, blades engaged.

On count 1. A disengages to tierce and thrust tierce with an advance.

On count 2. P parries tierce, disengages to carte and riposte with a straight thrust in carte.

Repeat at instructor's discretion. Fencers switch roles and perform the drill.

Fencer's come back En Garde and engage in tierce.

On count 1. A disengages to carte and thrust cart with an advance.

On count 2. P parries carte, disengages to tierce and riposte with a thrust in tierce.

Repeat at instructor's discretion.

Both fencers recover En Garde in carte; switch roles and perform drill from beginning.

#### **DRILL 4: THE BASIC COUPE**

Begin: En Garde in carte, blades engaged.

On count 1. A thrust carte.

On count 2. P parries cart weakly (that is with the foible). A performs a coupe to the outside of P's blade and riposte with a straight thrust in tierce.

Repeat at instructor's discretion. Fencers switch and perform the drill.

Fencers come back En Garde and engage in tierce.

On count 1. A thrust tierce.

On count 2. P parries tierce weakly. A performs a coupe to the inside of P's blade and riposte with a thrust in carte.

Repeat at instructor's discretion.

#### **DRILL 5: OTHER CUTOVERS**

Begin: En Garde in tierce, blades engaged.

On count 1. A thrust carte over the arm.

On count 2. P parries tierce. Before P's parry makes contact, A performs a coupe to the inside of P's blade and attempts a riposte with a straight thrust in carte. As soon as P responds to this thrust, A will disengage under P's blade and finish with a thrust in carte over the arm

Repeat at instructor's discretion. Fencers switch and perform the drill.

Fencer's come back En Garde and engage in carte.

On count 1. A thrust carte.

On count 2. P parries carte. Before P's parry makes contact, A performs a coupe to the outside of P's blade and attempts a riposte carte over the arm. As soon as P responds to this thrust, A will disengage low and thrust carte under the arm.

Repeat at instructor's discretion. Fencers switch roles and perform the drill.

1. Fencers remain engaged in carte. At the instructors command, A performs a coupe to tierce, drops his tip and strikes P in seconde.
2. Repeat at instructor's discretion. Fencers switch roles and perform the drill.

#### **DRILL 6: DOUBLE CUTOVERS**

1. Begin: En Garde in carte, blades engaged.

2. At the instructor's command, A performs a coupe to the outside of P's blade and attempts to thrust carte over the arm, then cuts over again to perform a thrust in carte.

3. Repeat at instructor's discretion. Fencers switch and perform the drill.

4. Fencer's come back En Garde and engage in tierce.

5. At the instructor's command, A performs a coupe to the inside of P's blade and then cuts over again to perform a thrust in tierce, or a thrust carte over the arm.

(The drills continue on the next page.)

**LESSON 6. FEINTS** [Ov: I-19 through 22; DA: Pages 46 through 50]

**DRILL 1: THE FEINT UNE-DEUX**

Begin: En Garde in carte, blades engaged.

On count 1. A disengages and attempts to thrust carte over the arm.

On count 2. As P attempts a parry in tierce, A disengages again quickly to the inside and thrust carte to the chest. Both fencers recover.

Repeat drill at instructor's discretion.

Fencer's come En Garde in tierce, engaged.

On count 1. A disengages and attempts to thrust carte inside.

On count 2. As P attempts a parry in carte, A disengages again quickly to the outside and thrust either tierce or carte over the arm. Both fencers recover.

Repeat drill at instructor's discretion. Fencers switch roles and perform the drill.

**DRILL 2: THE FEINT UNE-DEUX-TROIS**

Begin: En Garde in carte, blades engaged.

On count 1. A disengages and attempts to thrust carte over the arm.

On count 2. As P attempts a parry in tierce, A disengages again quickly to the inside and attempt to thrust carte to the chest. As P attempts to parry carte A disengages again and thrust tierce or carte over the arm. Both fencers recover.

Repeat drill at instructor's discretion.

Fencers come En Garde in tierce, engaged.

On count 1. A disengages and attempts to thrust carte inside.

On count 2. As P attempts a parry in carte, A disengages again quickly to the outside and attempts to thrust tierce over the arm. As P attempts to parry tierce A disengages again and thrust carte to P's chest. Both fencers recover.

Repeat drill at instructor's discretion. Fencers switch roles and perform the drill.

**DRILL 3: THE FEINT IN SECONDE (HIGH-LOW)**

Begin: En Garde in carte, engaged.

On count 1. A disengages and attempts to thrust tierce.

On count 2. P parries in tierce, then feints a riposte in seconde under the arm of A.

On count 3. As A attempts a parry half-circle in octave. P lifts the point of his/her sword in carte and strikes A carte over the arm.

Repeat drill at instructor's discretion.

Fencers come En Garde in tierce, engaged.

On count 1. A disengages and attempts to thrust cart inside.

On count 2. P parries in carte, then feints a riposte in low carte under the arm of A.

On count 3. As A attempts a parry half circle to low carte. P lifts the point of his/her sword in carte and strikes A carte to the inside.

Repeat at instructor's discretion. Fencers switch roles and perform the drill.

(The drills continue on the next page.)

**DRILL 4: DEFENDING THE FEINT UNE-DEUX WITH COUNTER  
DISENGAGEMENT**

Begin: En Garde in carte, blades engaged.

On count 1. A disengages and attempts to thrust carte over the arm.

On count 2. P moves his arm as if to attempt a parry in tierce, but as A disengages again to thrust carte to the chest, P disengages under A's blade and parries carte to the inside. P finishes with a riposte in carte. Both fencers recover.

Repeat drill at instructor's discretion.

Fencer's come En Garde in tierce, engaged.

On count 1. A disengages and attempts to thrust carte inside.

On count 2. P moves his arm as if to attempt a parry in carte, but as A disengages again to thrust tierce, P disengages under A's blade and parries tierce. P finishes with a riposte carte over the arm. Both fencers recover.

Repeat drill at instructor's discretion. Fencers switch roles and perform the drill.

**LESSON 7. ACTIONS ON THE BLADE [Ov: I-24,25; DA: Pages 50 through 56]**

**DRILL 1: THE BEAT**

Begin: En Garde in carte, blades engaged.

On count 1. A beats P's blade to P's outside and thrust to the chest in carte. Both fencers recover.

On count 2. A disengages and beats P's blade to A's outside line. A thrust to the chest carte over the arm. Both fencer's recover

Repeat drill at instructor's discretion.

Fencer's come En Garde in tierce, engaged.

On count 1. A thrusts P in tierce.

On count 2. P disengages in carte, raises the tip of his/her sword and beats A's sword downward and out. P thrusts A in carte to the chest. Both fencers recover.

Repeat drill at instructor's discretion. Fencers switch roles and perform the drill.

**DRILL 2: THE GLIZADE**

Begin: En Garde in carte, blades engaged.

On count 1. A raises the tip of his/her sword to gain P's foible. Once done, A presses against P's sword, and while sliding down the length of the blade thrust straight to the body. Both fencers recover

On count 2. A thrust P in carte. P disengages to the outside of A's blade and performs the glizade against the outside of P's blade ending with a thrust to the chest carte over the arm. Both fencers recover

Repeat drill at instructor's discretion.

Fencer's come En Garde in tierce, engaged.

On count 1. A performs a glizade in tierce against the outside of P's blade ending with a thrust in tierce over the arm. Both fencers recover.

On count 2. A thrust P in tierce. P disengages to the inside of P's blade and performs the glizade against the inside of P's blade, ending with a straight thrust to the chest. Both fencers recover.

Repeat drill at instructor's discretion. Fencers switch roles and perform the drill.

### **DRILL 3: THE CROSS**

Begin: En Garde in carte, blades engaged.

On count 1. A attempts a straight thrust to P's chest.

On count 2. P engages A's blade during the attempt and turns his/her hand to tierce while still remaining engaged, and with a strong motion push A's sword away. P quickly riposte with a thrust in carte. Both fencers recover.

Repeat drill at instructor's discretion. Fencers switch roles and perform the drill.

### **DRILL 4: DEFENDING AGAINST THE BEAT**

Begin: En Garde in carte, blades engaged.

On count 1. A beats P's blade to P's outside and attempts a thrust to the chest in carte.

On count 2. P disengages to the outside of A's blade and thrust A to the chest in tierce or carte over the arm. Both fencers recover

Repeat drill at instructor's discretion.

Fencer's come En Garde in tierce, engaged.

On count 1. A beats P's blade to the inside and attempts a thrust in tierce or carte over the arm

On count 2. P disengages in carte to the inside of A's blade and P thrusts A in carte to the chest. Both fencers recover.

Repeat drill at instructor's discretion. Fencers switch roles and perform the drill.

### **DRILL 5: DEFENDING AGAINST THE GLIZADE**

Begin: En Garde in carte, blades engaged.

On count 1. A raises the tip of his/her sword to gain P's foible. Once done, A presses against P's sword, and while sliding down the length of the blade attempts to thrust straight to P's body.

On count 2. As soon as A raises his/her tip, but no later than A presses, P shall swiftly disengage to the outside of A's blade and thrust tierce or carte over the arm. Both fencer's recover

Repeat drill at instructor's discretion.

Fencer's come En Garde in tierce, engaged.

On count 1. A performs a glizade in tierce against the outside of P's blade and attempts a thrust in tierce over the arm.

On count 2. Upon A's attempt to perform the glizade, P disengages to the inside of A's blade and performs a straight thrust to the chest. Both fencers recover.

Repeat drill at instructor's discretion. Fencers switch roles and perform the drill.

### **DRILL 6: DEFENDING AGAINST THE CROSS**

Begin: En Garde in carte, engaged.

On count 1. A attempts a straight thrust to P's chest.

On count 2. P engages A's blade during the attempt and turns his/her hand to tierce while still remaining engaged, and with a strong motion attempts to push A's sword away.

On count 3. At the moment A feels the crossing, he/she should immediately disengage and quickly riposte with a thrust over the arm. Both fencers recover.

Repeat drill at instructor's discretion. Fencers switch roles and perform the drill.

## **LESSON 8. ADVANCED TECHNIQUES**

### **DRILL 1: TIME THRUST IN CARTE [Ov: II-6, DA: Pages 69 & 70]**

Begin: En Garde in carte, engaged.

On count 1. A attempts a straight thrust in carte, but feints to low carte.

On count 2. At the moment of the feint, P opposes A's blade and thrusts straight in carte. Both fencer's recover.

Repeat drill at instructor's discretion.

Fencer's come En Garde in tierce.

On count 1: A retreats one step.

On count 2. P advances, and at that moment, A thrust carte over the arm. Both fencers recover

Repeat drill at instructor's discretion. Fencers switch roles and perform the drill.

### **DRILL 2: THRUSTING WITH THE WRIST [O: II-11]**

Begin: En Garde in tierce, engaged.

On count 1. A strongly opposes P's blade.

On count 2. P disengages to attack A on the inside. At that moment A parries and riposte with a straight thrust in carte using only the extension of the arm. Both fencer's recover.

Repeat drill at instructor's discretion.

Fencer's come En Garde in carte, engaged.

On count 1: A strongly opposes P's blade.

On count 2. P disengages to attack A with carte over the arm. At that moment, A parries tierce and riposte either in tierce or seconde, with only the extension of the arm. Both fencers recover

Repeat drill at instructor's discretion. Fencers switch roles and perform the drill.

### **DRILL 3: ATTACKS WITH THE PASS, FROM ENGAGEMENT IN TIERCE**

Begin: En Garde in tierce, engaged.

On count 1. A makes a feint straight thrust in tierce.

On count 2. P attempts to parry the feint in tierce with a bent elbow. At that moment A passes with his left leg before the right and strikes P with carte over the arm. Both fencer's recover.

Repeat drill at instructor's discretion.

Fencer's remain En Garde in tierce, engaged.

On count 1: A makes a feint straight thrust in tierce.

On count 2. P replies with an attempted parry. At that moment, A disengages to the inside and feints a straight thrust in carte.

On count 3: P attempts to parry carte. A disengages to the outside, performs a pass of the left leg, and strikes P with a thrust over the arm. Both fencers recover.

Repeat drill at instructor's discretion. Fencers switch roles and perform the drill

### **DRILL 4: ATTACKS WITH THE PASS, FROM ENGAGEMENT IN CARTE**

Begin: En Garde in carte, engaged.

On count 1: A strongly beat against P's blade.

On count 2. P replies with an attempted parry in carte. At that moment, A disengages to the outside, performs a pass of the left leg, and strikes P with a thrust in tierce. Both fencers recover.

Repeat drill at instructor's discretion.

Fencer's remain En Garde in carte, engaged.

On count 1. A disengages to the outside and feints carte over the arm.

On count 2. P attempts to parry tierce. At that moment A disengages to carte, passes with his left leg before the right and strikes P with a straight thrust in carte. Both fencer's recover.

Repeat drill at instructor's discretion. Fencers switch roles and perform the drill

#### **DRILL 4: ANGELO'S PLATE 31**

Begin: En Garde in carte, engaged.

On count 1: A moves his sword to the inside, thus providing an opening on the outside.

On count 2. P replies with a pass and attempts an attack to the outside either in tierce or carte over the arm.

At that moment, A lowers his point to strike P in seconde with wrist raised high; and at the same time moves his left foot back to its full extent so that the left leg is straight, the right foot remains unmoved, and the right knee is bent. The left arm should fall perpendicularly between the legs with the left hand facing the ground to provide support should the left foot slip.

On count 3: Both fencers recover.

### **LESSON 9. STRATAGEMS: THEORETICAL COMPONENTS [Ov: II-16, 17, & 18; DA Page 80]**

#### **DRILL 1: THE ASSAULT**

Fencers will take turns bouting, under the direction of the instructor.

### **LESSON 10. OF DISARMS [DA: Plates 34-40]**

#### **DRILL 1: DISARM AFTER PARRYING THE CARTE THRUST**

Begin: En Garde in carte, engaged.

1. The Agent (A) thrust carte at the Patient (P)
2. P parries with the carte parry using a sharp beat, at the same time advancing about one foot and straightening the left leg.
3. P seizes A's blade at the shell with the left hand, and threaten A's body with his tip. A should yield his sword; OR,
4. If A resists, P then steps forward with his left foot just past his right, and while so doing, pushes A's blade down and away to the outside, which should cause A to open his fingers and yield his sword. P should end this motion by threatening A with the point.
5. P immediately brings his left leg back past his right while still holding fast A's sword. The disarm having been made, P will threaten A with both points.

End: Both fencers recover.

Repeat the drill at the instructor's discretion, then fencers switch roles.

## **DRILL 2: DISARM AFTER PARRYING THE TIERCE THRUST**

Begin: En Garde in tierce, engaged.

1. The Agent (A) thrust in tierce or carte over the arm at the Patient (P)
2. P parries with using a sharp beat, and by traversing P's blade, forces it upwards. At the same time P passes his left leg about one foot before his right.
3. P seizes A's blade at the shell with the left hand, and while still holding fast this sword, throw A's arm outward to the right. At the same time P should carry his left foot forward about two feet. P should straighten his left leg, bend the right knee a little and threaten A's face with his tip. A should yield his sword.

End: Both fencers recover.

Repeat the drill at the instructor's discretion, then fencers switch roles.

## **DRILL 3: DISARM ON THE CARTE OR SECONDE THRUST, AFTER PARRYING WITH PRIME**

Begin: En Garde in tierce, engaged.

1. The Agent forces the Patient's blade on the outside.
2. P disengages to thrust carte or seconde.
3. A parries the thrust in prime, with a pass of the left leg. A then passes his left arm over the forte of P's blade and grabs the shell of the sword.
4. A then draws P's sword to his own body, brings his right leg back while bending the left knee, and presents his point at P's chest. P should yield his sword.

End: Both fencers recover.

Repeat the drill at the instructor's discretion, then fencers switch roles.

## **DRILL 4: DISARM AFTER PARRYING THE OUTSIDE OF THE SWORD**

Begin: En Garde in tierce, engaged.

1. The Agent forces the Patient's blade on the outside.
2. P disengages to thrust carte.
3. A counter-disengages, forcing P's blade upward; and at the same time passes with the left leg.
4. A then seizes the shell of P's sword, brings his right shoulder and arm back, while stepping back with his right foot. A should then pass his sword behind his back, lean his wrist against his hips, and present his point to P's belly.

End: Both fencers recover.

Repeat the drill at the instructor's discretion, then fencers switch roles.