

From the Canadian Coaching Manual:

## **Drill Progressions in the Development of a Fencing Skill**

### **Skill: Attack by Counter-Sixte Engagement, Disengage to Hit (Epee)**

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Steps in the Progression of a Skill:

1. Perceiving
2. Patterning
3. Adapting
4. Refining
5. Varying
6. Improvising

This progression is a sample of a progression series. Taken from the Canadian Coaching Manual, this is an example of a progression which could be partially demonstrated during the Prevot and Master examinations. It is important to demonstrate knowledge and proficiency at progressions.

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1. PERCEIVING:

The coach demonstrates the movement - engagement with step forward, disengage and hit delivered with a lunge. The athlete is asked to try it.

2. PATTERNING:

The skill is practiced with a partner or the coach, in front of a mirror, etc. until the movement sequence is properly ordered. At this stage no preliminary footwork is involved and the attacking distance is constant (the partner is stationary).

3. ADAPTING:

- a) The athlete executes the movement against a partner who is moving in and out of the proper distance;
- b) The athlete moves in and out of correct distance while the partner stays in place before the athlete executes the attack;
- c) Both the athlete and partner move back and forth. The athlete selects the correct distance and timing to deliver the attack;
- d) The athlete employs a variety of blade preparation actions and incorporates them into exercises b) and c). At this stage the partner does not attempt any blade resistance or evasion;
- e) Exercise d) except now the partner has the option of presenting the blade at different distances and timings and keeping it in place for varying lengths of time.

4. REFINING:

The coach presents the athlete with near competition level distance, timing, and blade movement conditions. The coach is allowed to give resistance to the engagement or