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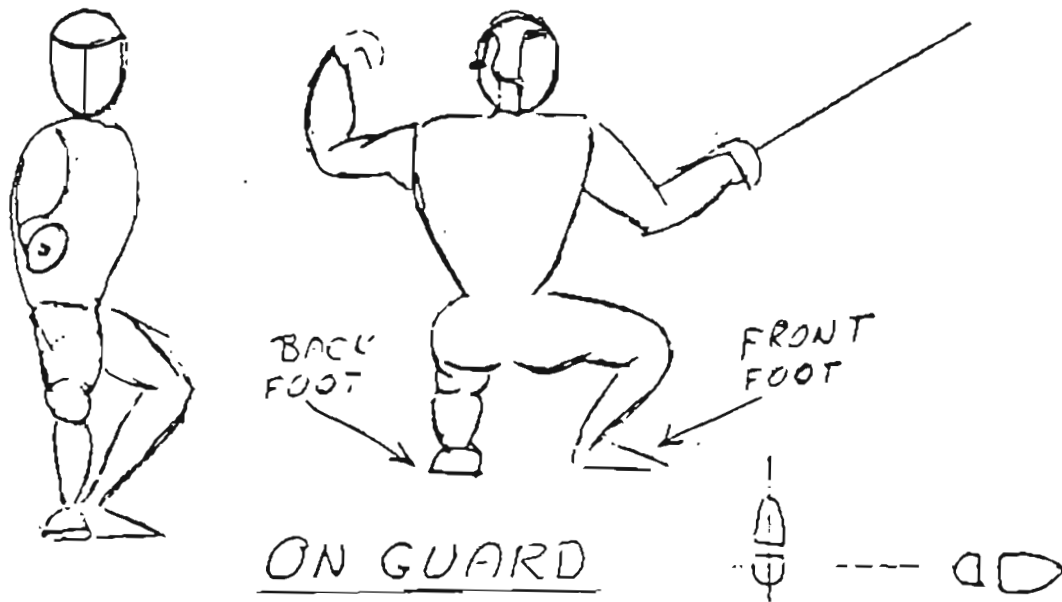
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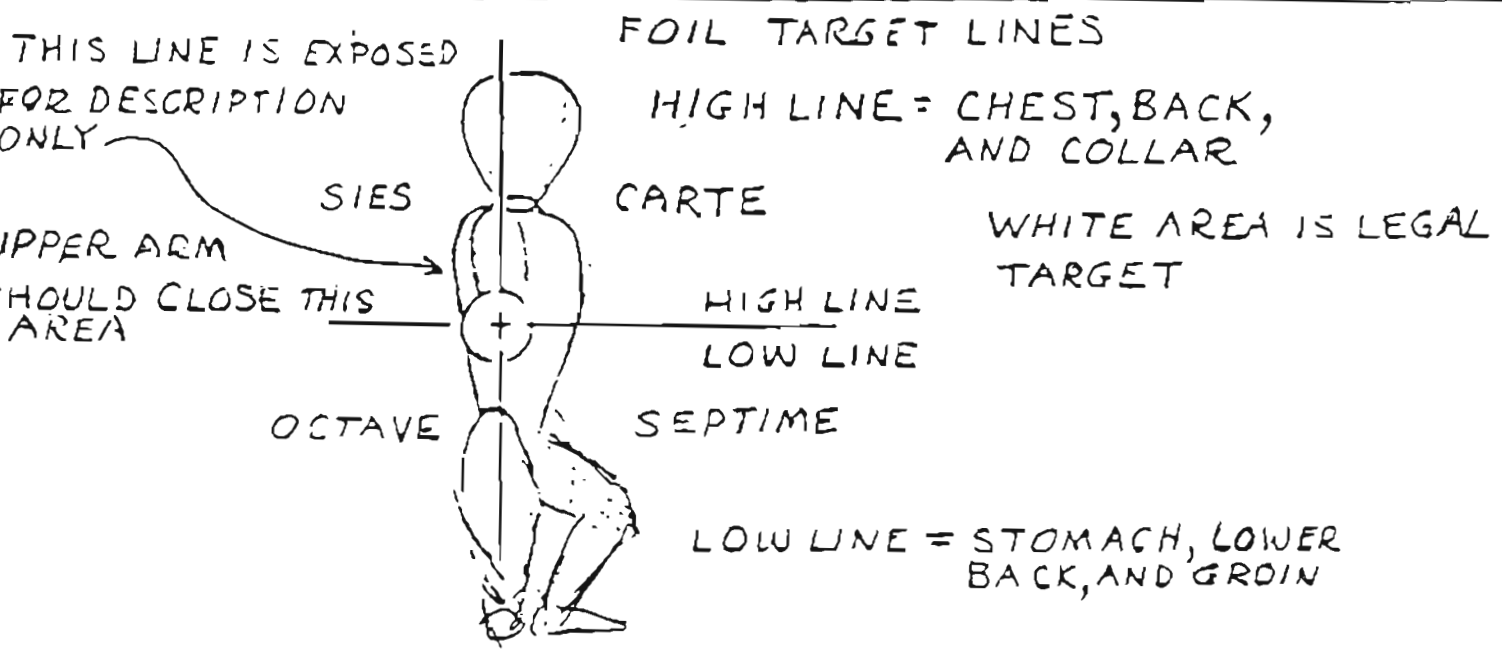
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May 14, 1971

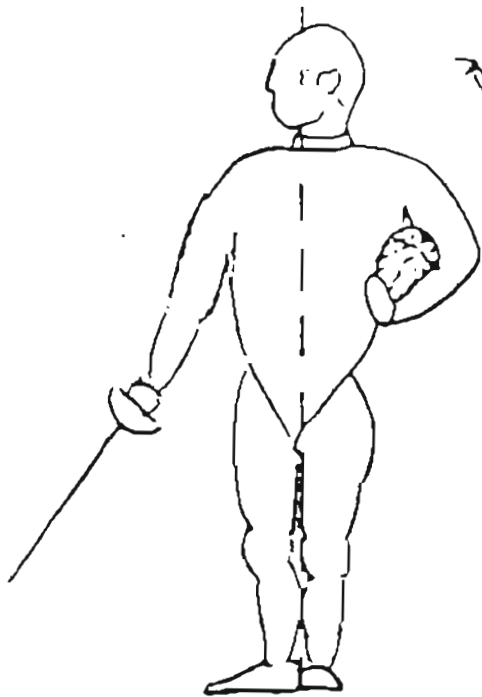
*John De Cesare
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FEET APPROX 10 INCHES APART
 AND FLAT ON THE FLOOR AND AT RIGHT ANGLES
 KNEES BENT OUT OVER THE TOES
 HIPS ROLLED IN UNDER (FORWARD) TORSO
 TORSO ERECT AND CENTERED OVER LEGS
 (DO NOT LEAN FORWARD OR BACK)
 ARMS BENT - FRONT, TO FORM ANGLE
 AS SHOWN - REAR FORMS APPROX RIGHT
 ANGLE WITH FINGERS RELAXED
 HEAD TURNED TO LOOK OVER SHOULDER
 TOWARD OPPONENT.



ATTENTION



FRONT HEEL AT RIGHT ANGLES AND AGAINST SIDE OF BACK HEEL. BOTH ARMS DOWN AGAINST SIDES OF BODY - FRONT HAND HOLDING FOIL POINTING DOWN AT A NATURAL ANGLE

NOTE :-

BACK HAND AND ARM IS AS SHOWN IF YOU ARE USING A MASK.

LEGS ARE STRAIGHT - BODY IS SIDEWAYS TO TARGET. BACK SHOULDER PULLED

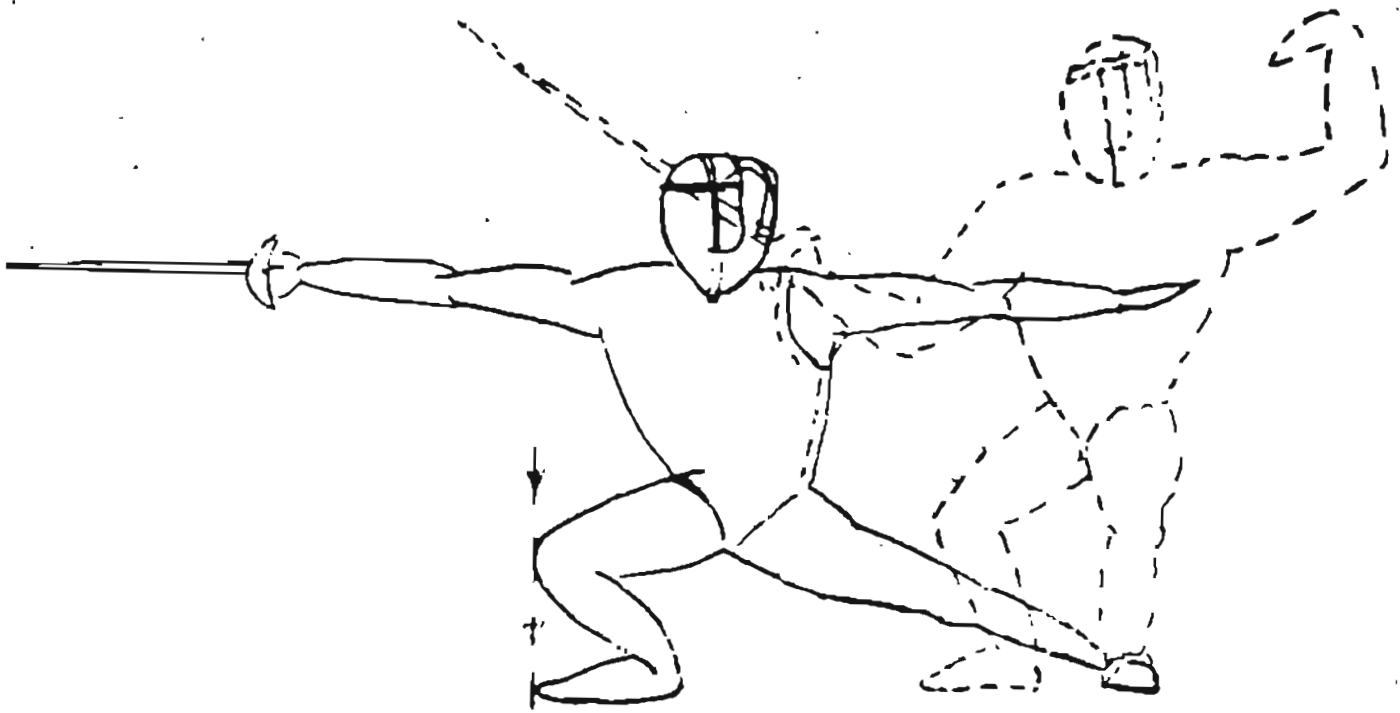
BACK TO NARROW SILHOUETTE AND HEAD IS TURNED TOWARD OPPONENT; NECK STRAIGHT, HEAD BACK, CHIN PARTIALLY OVER SHOULDER.

SALUTE:

BRING ARM STRAIGHT UP AND OUT TOWARD OPPONENT. TO SHOULDER HEIGHT. BEND ELBOW DOWN, BRINGING UPPER ARM AGAINST BODY AND BELL GUARD TO CHIN. EXTEND ARM STRAIGHT OUT AT SHOULDER HEIGHT AGAIN AND DOWN TOWARD FLOOR TO ORIGINAL POSITION.

RETREAT

LIFT BACK FOOT JUST CLEAR OF FLOOR AND STEP BACK 2 TO 3 INCHES - LIFT FRONT FOOT AND MOVE BACK THE SAME DISTANCE. IMPORTANT: STAY IN ENGARDE STANCE THROUGHOUT - DO NOT STRAIGHTEN UP.



LUNGE

THIS IS THE BASIC ATTACK POSITION AND MUST BE EXACT TO ACHIEVE THE MAXIMUM BENEFITS OF SPEED, TIMING, BALANCE, GRACE, POISE, MUSCLE TONE, AND ACCURACY.

ALWAYS FROM THE EN GARDE POSITION !!

EXTEND BOTH ARMS (BACK HAND PALM UP)
KICK UP OFF THE HEEL WITH THE FRONT FOOT
AND SNAP THE BACK LEG STRAIGHT KEEPING
THE BACK FOOT FLAT ON THE FLOOR.

SWIVEL THE FRONT LOWER LEG AT THE KNEE SO
THE FRONT FOOT ENDS IN A POSITION WITH THE
TOES IN LINE WITH THE KNEE. DO NOT LEAN FORWARD
AND KEEP HIPS UNDER YOU AND KNEE, ARM, AND
FOOT ALL ALIGNED.

TO RECOVER :

BEND BOTH ARMS TO EN GARDE POSITION,
BEND BACK KNEE AND, USING THIGH MUSCLES
OF BACK LEG, PULL YOURSELF BACK TO
EN GARDE POSITION - NEVER, NEVER STAND UP !!

DOUBLE LUNGE:

A DOUBLE LUNGE IS NOT A TRUE LUNGE !!

YOU LUNGE IN THE CONVENTIONAL MANNER, YOUR OPPONENT MOVES BACK OUT OF RANGE.

YOU ARE IN A LUNGE POSITION!

YOU NEED A FEW INCHES TO CLOSE THE DISTANCE, SO!! --- YOU DOUBLE LUNGE: BACK FOOT DOES AN ADVANCE (2 OR 3 INCHES) THEN FRONT FOOT DOES A LUNGE — NOT SIMULTANEOUSLY!

CONCLUSION:

DOUBLE LUNGE = { HALF OF AN ADVANCE (BACK FOOT)
HALF OF A LUNGE (FRONT FOOT)

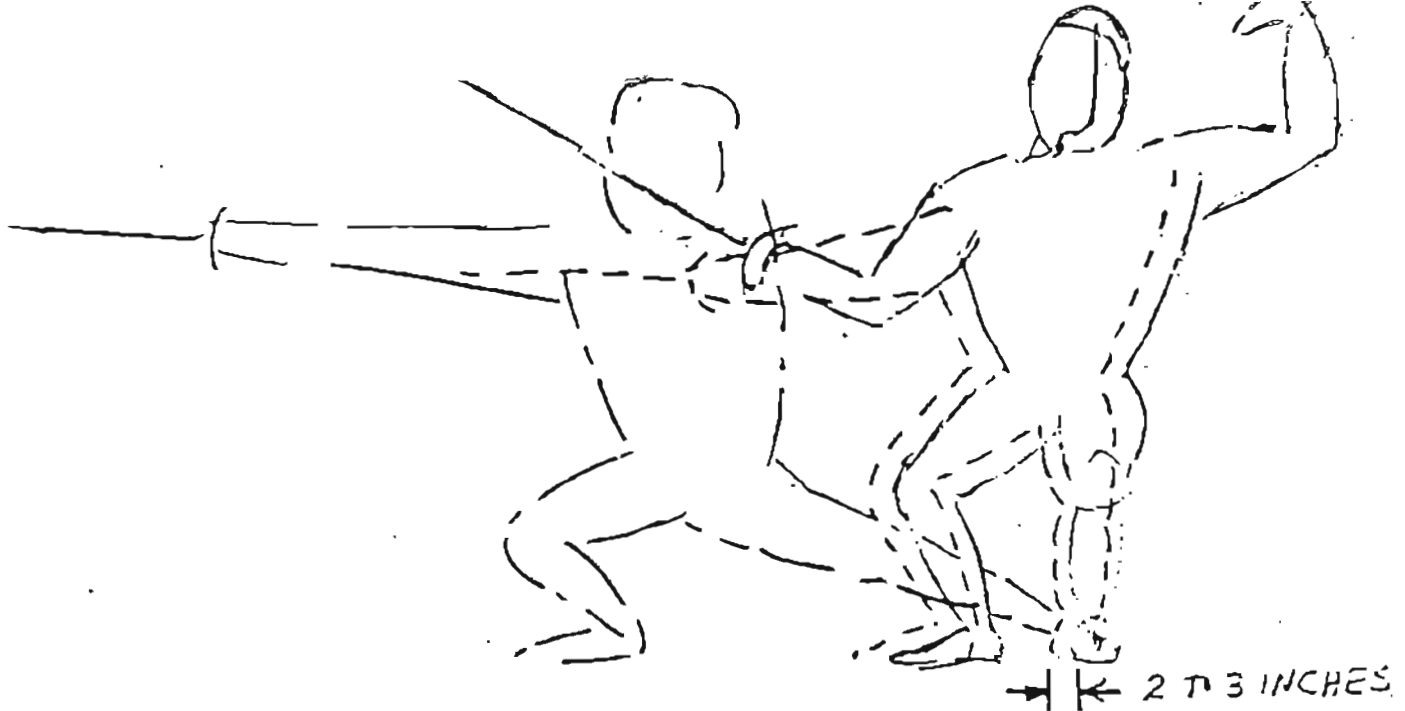
ALWAYS: STARTING FROM THE LUNGE POSITION.

GLOSSARY

PARRY — TO DEFLECT, BLOCK, OR DISORIENT YOUR OPPONENTS BLADE WITH YOUR BLADE.

RIPOSTE — TO COUNTERATTACK (HIT BACK) AFTER YOU HAVE PARRIED OPPONENTS ATTACK.

ET LA — A LA !! AN EXPRESSION MEANING (GO!)
OR -- THERE IT IS!



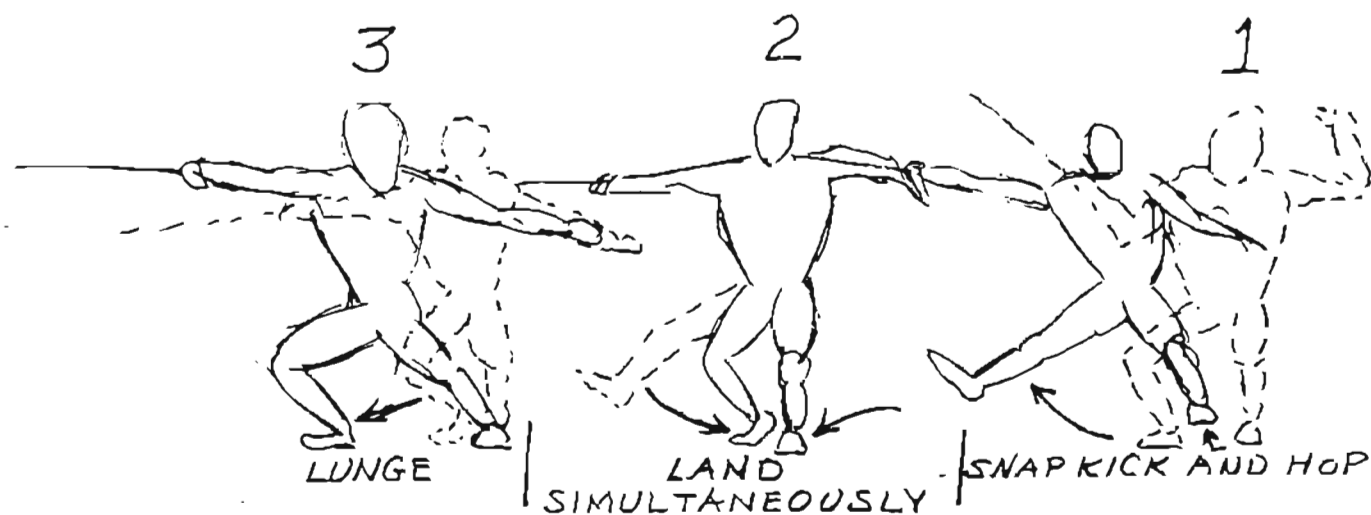
PATINANDO - "ADVANCE AND LUNGE"

AS FRONT FOOT STEPS FORWARD, EXTEND ARMS STRAIGHT OUT TO INDICATE RIGHT OF WAY SINCE THIS IS AN ATTACK MOVE. LENGTH OF ADVANCE VARIES, BUT 2 TO 3 INCHES IS AVERAGE. NOW COMPLETE ADVANCE BY MOVING BACK FOOT FORWARD SAME DISTANCE AS FRONT FOOT AND LUNGE.

WHEN OPPONENT IS OUT OF LUNGE DISTANCE
GAIN : (FROM EN GARDE POSITION) ENGAGE
 OPPONENTS BLADE - FEINT - PROBE - DISTRACT
 AND SHIFT WEIGHT TO FRONT FOOT, AS YOU RAISE BACK HEEL OFF THE GROUND AND INCH
 BACK FOOT CLOSER TO FRONT FOOT. WHEN YOU JUDGE YOU ARE CLOSE ENOUGH TO
 LUNGE, BRING HEEL DOWN SO FOOT IS FLAT
 AND LUNGE.

ADVANCE : STEP FORWARD 2 TO 3 INCHES WITH FRONT FOOT AND THEN SAME DISTANCE WITH BACK FOOT.

NEVER STRAIGHTEN UP!! STAY IN THE EN GARDE BEFORE, DURING AND AFTER.

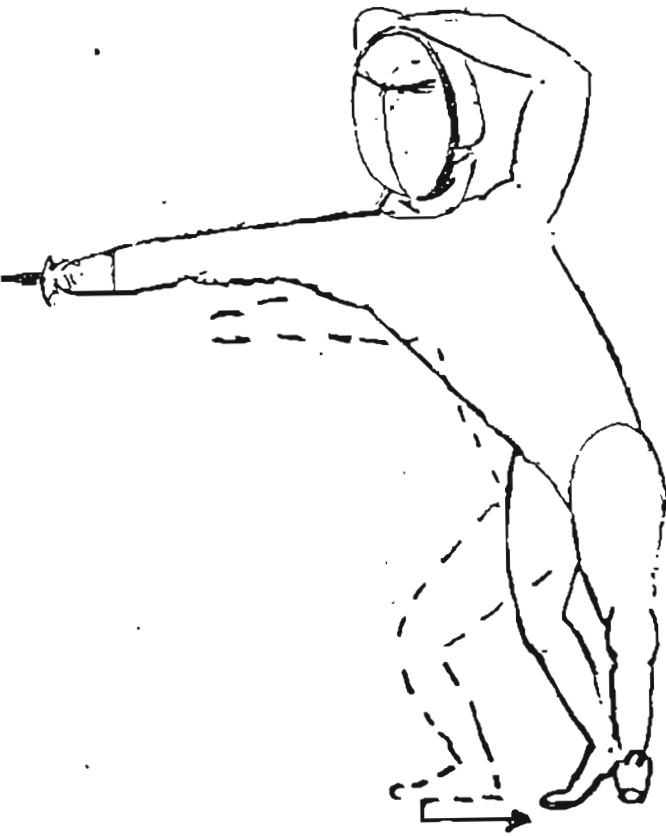


THE BALESTRA IS A LONG RANGE ATTACK CONSISTING OF A 2 PHASE MOVEMENT: A HOP FORWARD AND LUNGE: TO INITIATE; EXTEND ARM OR START BLADEWORK (WHATEVER ATTACK YOUVE DECIDED ON)

SNAP FRONT FOOT FORWARD, SKIDDING OFF THE HEEL, AS THOUGH YOU WERE GOING TO KICK YOUR OPPONENT IN THE SHIN BELOW THE KNEE AND SIMULTANEOUSLY SPRING HOP FORWARD WITH THE BACK FOOT. DISTANCE DEPENDS ON THE GAP BETWEEN YOU AND YOUR OPPONENT.

BRING THE FRONT FOOT BACK UNDER YOU AND LAND WITH YOUR FEET TOGETHER HITTING THE GROUND AT THE SAME TIME AND YOUR BODY IN THE ON GUARD POSITION. THEN - LUNGE !!

OF COURSE, YOUR BLADEWORK IS IN MOTION THROUGHOUT !



FROM THE EN GARDE POSITION

EXTEND THE FRONT ARM.
STRAIGHTEN BODY UPWARDS.
DRAW FRONT FOOT BACK SO HEELS
ARE TOUCHING.
CONTINUE DRAWING HEELS TOGETHER
AND ARCH BODY AS SHOWN RISING
UP ON BALLS OF BOTH FEET - HEELS
STILL TOGETHER AT RIGHT ANGLES,
FRONT ARM FULLY EXTENDED AT
CHEST HEIGHT - BACK ARM OVERHEAD
FOR BALANCE.

THIS IS A DEFENCE MOVE -
NOT FOR ATTACK !!

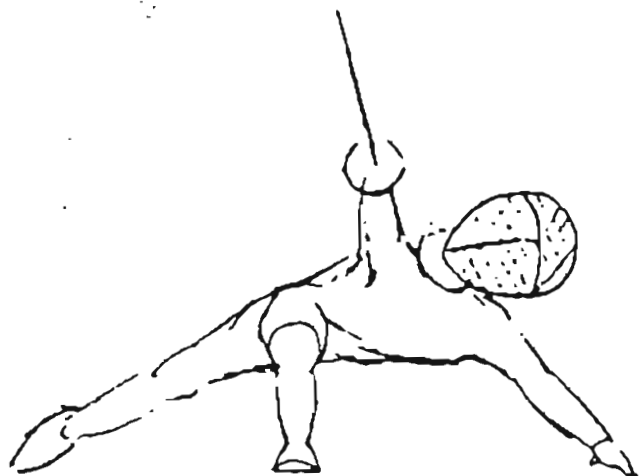
PASATTO ALTO
(HIGH STOP THRUST)

FALSE ATTACK:

STARTING FROM THE EN GARDE POSITION AND USED
WHEN "TRYING" YOUR OPPONENT WITHOUT COMMITTING
YOURSELF BY LUNGING.

STEP FORWARD 3 OR 4 INCHES WITH FRONT FOOT (LANDING
ON THE HEEL) AS YOU SIMULTANEOUSLY SHOOT YOUR
ARM FORWARD.

RISE HEEL OF BACK FOOT AND SLIDE FOOT FORWARD
TO WITHIN ABOUT 2 INCHES OF FRONT FOOT AND BEND
BACK KNEE MORE WHICH DROPS BODY LOWER SO
IT SIMULATES A LUNGE - BACK ARM IS STRAIGHT OF
COURSE AND WHOLE MOVEMENT IS DONE IN ONE
FLOWING MOTION.



PASATTO SOTTO LOW STOP THRUST

THIS IS A DEFENCE POSITION USED AGAINST AN OPPONENTS ATTACK. IT IS A "TIME THRUST AND IS GENERALLY USED AS YOUR OPPONENT STARTS TO MOVE.

FROM THE EN GARDE POSITION:

THE FRONT FOOT DOES NOT MOVE!!

USING THE UPPER THIGH MUSCLES (AS YOU EXTEND YOUR FRONT ARM) THE UPPER THIGH OF THE FRONT LEG ACTS AS AN ELEVATOR TO LOWER THE BODY INTO POSITION. AS THE FRONT LEG LOWERS, THE BODY BENDS DOWN CROSSWISE TO THE FRONT LEG AND THE BACK LEG STRAIGHTENS (ALSO CROSSWISE TO THE FRONT LEG). BOTH THE BACK FOOT AND BACK HAND MAY TOUCH THE GROUND BUT WITH A FEATHER-LIGHT FINGER (TOE) TIP TOUCH DO NOT LEAN ON THE FLOOR.

FRONT ARM MUST BE STRAIGHT AND POINTED UP AT YOUR OPPONENTS LOW LINE TARGET.

ALWAYS, BUT ALWAYS, TURN HEAD TO LOOK UP AT OPPONENT.

TO RECOVER:

BRING BLADE TO GARDE POSITION AND RAISE BODY BACK UP TO EN GARDE WITH FRONT THIGH MUSCLES:-