

# North American Mangiarotti Society

## TEACHING GUIDE - FOIL

### 1 - CORRECT POSITIONING OF THE BLADE IN THE ON GUARD

1. **Purpose:** This teaching guide provides a method for instruction in how to properly position the foil blade when coming on guard.
2. **Instructional Objective:** The student will be able to properly position his or her blade so that it provides both a reasonable degree of defense and a continual threat to the opponent when the fencer is on guard in Third (Terza).
3. **Teaching Steps:**
  - (1) Position the student in a correct guard position, legs bent, feet aligned on the fencing line.
  - (2) The student lowers the weapon arm so that the guard of the foil rests on the outside of the knee of the forward leg with the foil on the piste.
  - (3) The student brings the point of the foil across to the inside so that it is on a line projected forward from the inside of the forward foot.
  - (4) The student bends the arm, raising the forearm so that the blade is raised with the point above the level of the opponent's shoulders, the blade protects the external high line, and the point provides a threat to the opponent's target. The blade and forearm form a straight line when viewed from the side, elbow to guard to point.