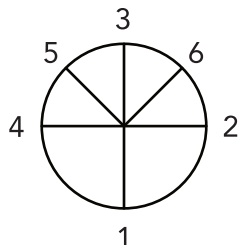


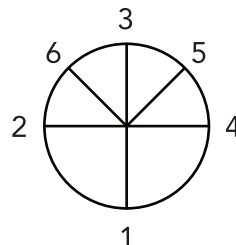
Hand positions – foil, epee and sabre

LEFT HANDED FENCER



Hand positions are used to rotate the weapon.
The six hand positions are created by the rotation of the hand through degrees of pronation and supination.

RIGHT HANDED FENCER

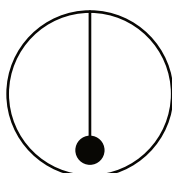


The following diagrams represent the thumb (black dot) and guard, and show the hand positions as seen from the perspective of the fencer holding the weapon.

LEFT HANDED FENCER

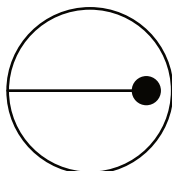
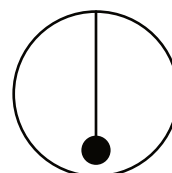
HAND POSITION

RIGHT HANDED FENCER



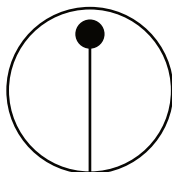
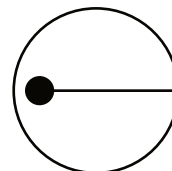
1

Hyper-pronation:
hand pronated then rotated an additional 90° by rotating the arm



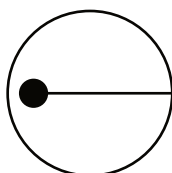
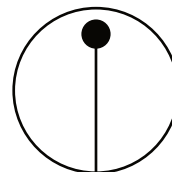
2

Pronation
LH: hand rotated fully clockwise
RH: hand rotated fully anticlockwise



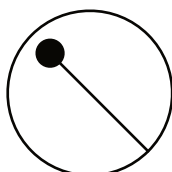
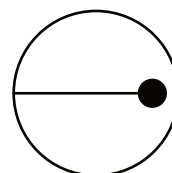
3

Neutral



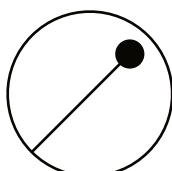
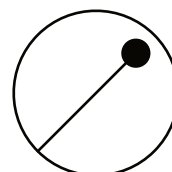
4

Supination
LH: hand rotated fully anticlockwise
RH: hand rotated fully clockwise



5

Semi-supination



6

Semi-pronation

