

# Bent arm positions and parries: foil and epee

Bent arm positions are used to position the weapon.  
When used to deflect an opponent's attack, they are called parries.

The following diagram represents the bent arm positions as seen from the perspective of the fencer holding the weapon.

*While for all bent arm positions and parries the hand usually remains in the high line, positions are approximate – do them so they're comfortable for you and according to what you need them to achieve.*

