# 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.

## 1<sup>st</sup>/prime

Hand pronated, abducted Elbow raised to rotate the arm Tip down

Defending high inside line

Defending high outside line 6<sup>th</sup>/sixte Hand supinated. Tip up.

## 4<sup>th</sup>/quarte

Hand pronated. Tip up.

### 3<sup>rd</sup>/tierce

Hand pronated. Tip down.

#### RIGHT HANDED FENCER -

## 7<sup>th</sup>/septime

Hand supinated. Tip down.

Defending low inside line

Defending low outside line

### 8<sup>th</sup>/octave

Hand supinated. Tip down.

## 5<sup>th</sup>/quinte

Hand pronated. Tip down.

### 2<sup>nd</sup>/seconde

Hand pronated. Tip down.

## 6<sup>th</sup>/sixte

Hand supinated. Tip up.

Defending high outside line 1<sup>st</sup>/prime

Hand pronated, abducted Elbow raised to rotate the arm Tip down

#### 3<sup>rd</sup>/tierce

Hand pronated. Tip down.

Defending high inside line

## 4<sup>th</sup>/quarte

Hand pronated. Tip up.

#### **LEFT HANDED FENCER**

#### 8<sup>th</sup>/octave

Hand supinated. Tip down.

Defending low outside line

Defending low inside line

## 7<sup>th</sup>/septime

Hand supinated. Tip down.

### 2<sup>nd</sup>/seconde

Hand pronated. Tip down.

# 5<sup>th</sup>/quinte

Hand pronated. Tip down.

