Intermediate Foil I
Lesson 4
http://www.fencing.calpoly.edu/

Footwork Drills
Distance Drills
Lunge, Adv Lunge, Patinando, Ballestra Duel
80% Extension Drills
Adv Lunge Simple Attack
Patinando Simple Attack
Ballestra Simple Attack
Adv Lunge F-D
Patinando F-D
Ballestra Indirect Attack
Inversions & Half Movements
Footwork Drills
Inversions

So far we taught you to always keep your feet in one balanced supported position. You only advance your back foot the length the front foot advances during advance, keeping the feet in the same relative position under the body (approximately shoulder length apart).

One maneuver designed to steal distance breaks this rule. During the inversion, the fencer brings their rear foot much further up than normal during the advance phase of an advance lunge. This extra distance allows the fencer's lunge to start with a further forward ‘base’ on the rear foot, allowing the final end distance to extend further than a fencer's normal lunge.

Why then do we not use the inversion always, getting the most distance possible out of a lunge? The very basis of the inversion forces the fencer to bring their back foot up to a position where the carriage no longer holds a proper balance, or ability to quickly change direction. The fencer