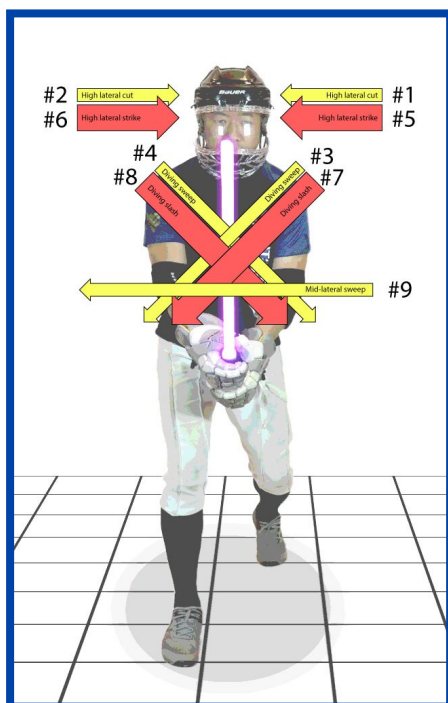
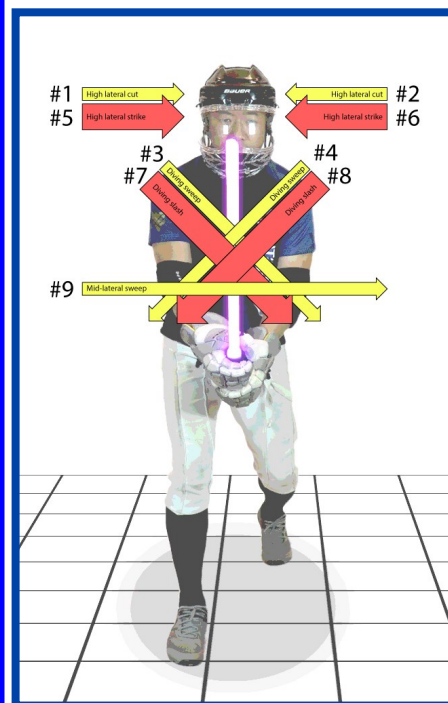


Blitz I introduces the use of pivots. Pivots help your mobility and power, and are useful for both attack and defense. We will also introduce a reverse lunge, which allows the fencer to duck down low and escape to the rear after an attack.

**Note:** This guide should accompany [the video](#) for training.



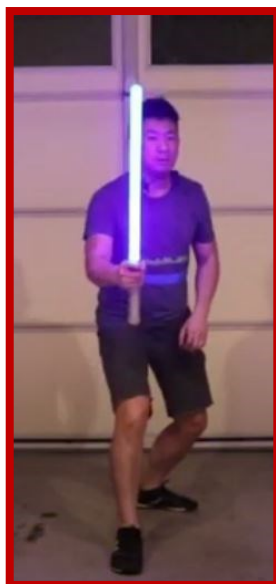
Here is a quick reference for the order and direction of attacks used in this sequence. Note that the direction of the attacks is based on the orientation of the fencer's **dominant hand**. A **forehand** attack is performed with the palm/fingers of the dominant hand facing **UP**, whereas a **backhand** attack is performed with the *back* of the hand facing up (palm/fingers down). For this guide, reference images are divided L & R.



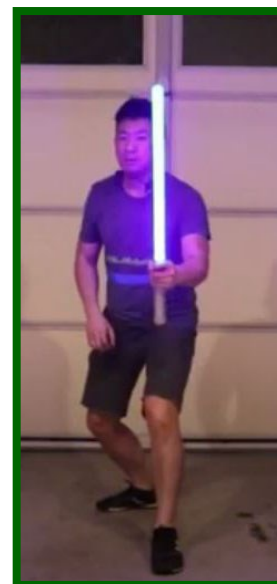
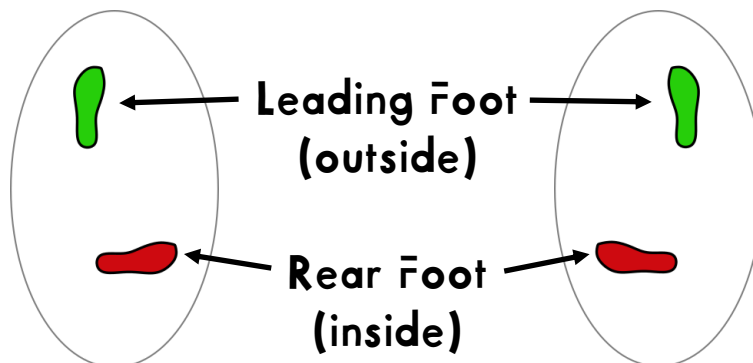
**Blitz I consists of two 4-hit combinations One finishing move**

Mirrored for Left Hand

Mirrored for Right Hand



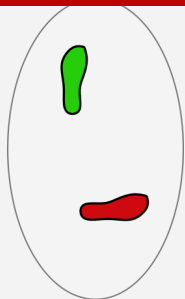
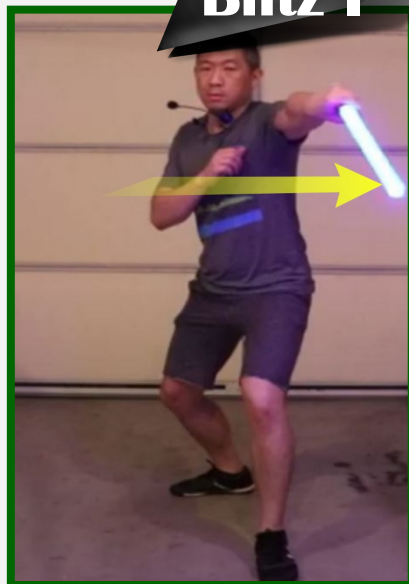
Begin in **Standard Stance**



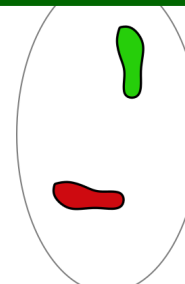
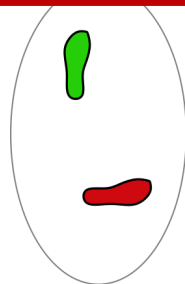
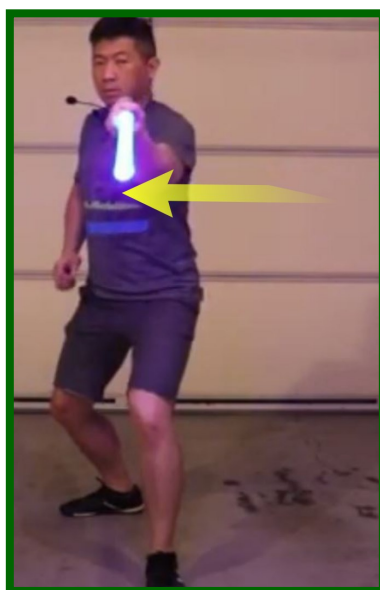
Combo 1: 2x lateral cuts  
2x diving sweep



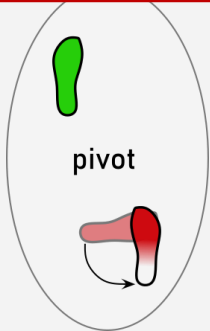
1. From **standard stance**, perform a *backhand* (palm-down) **lateral cut**.



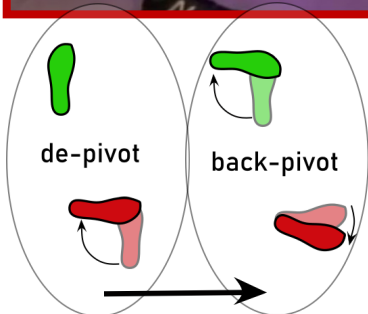
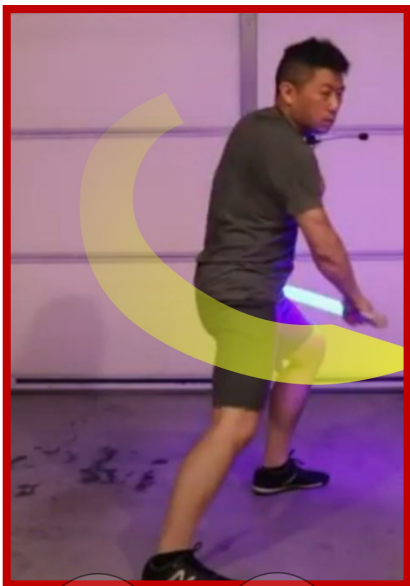
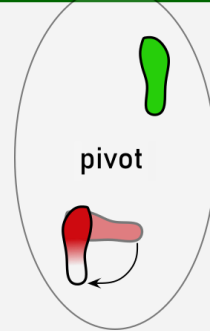
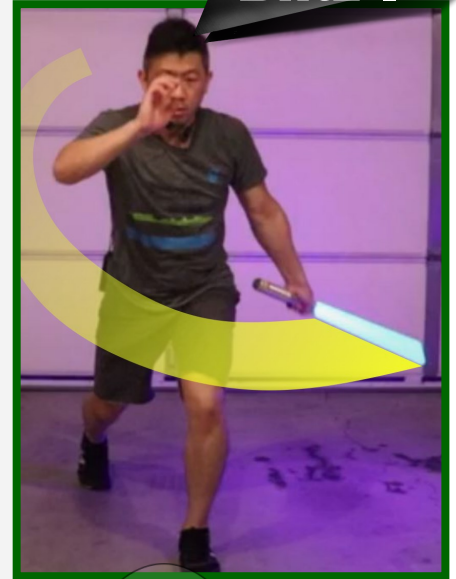
2. Pivoting at the elbow, bring your saber back over your head and perform a *fore-hand* (palm-up) **lateral cut**.



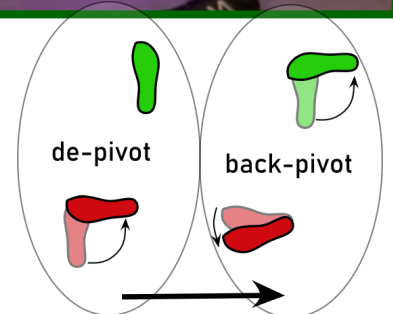
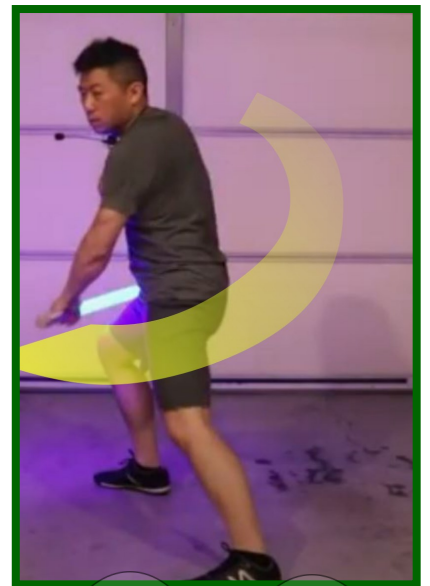
Combo 1: 2x lateral cuts  
2x diving sweep



3. From step 2, bring your saber back over your head to initiate a **backhand diving sweep**. As you initiate your attack, allow your shoulders, hips, and rear foot to **pivot** into a **square stance**. Your rear foot should pivot at the toe, allowing your heel to come up off the ground. This pivot increases your power and range of motion.



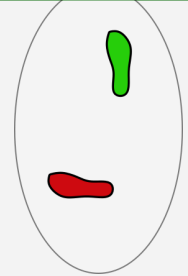
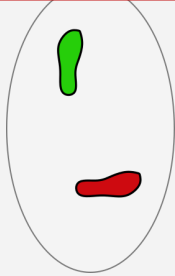
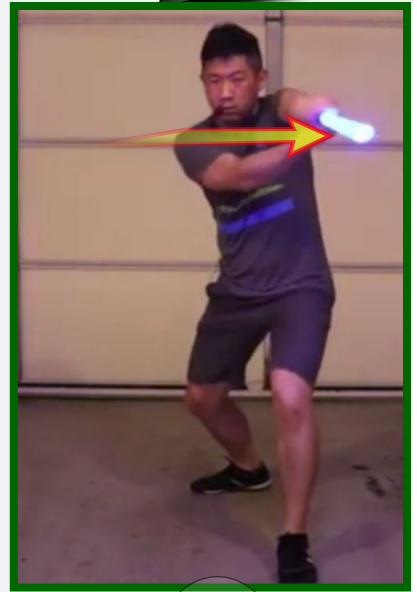
4. From **square stance**, bring your saber up to an outside high guard before initiating a **forehand diving sweep**. As you initiate the attack, you will **depivot** back *through* standard stance, into a **back stance**. First, pivot on the toe of your **rear foot** until you reach standard stance, then pivot on the *toe* of your lead foot, swinging your lead heel outward, while pivoting on the *heel* of your rear foot, bringing your rear toes farther back. **Straighten your lead leg** and **lean away from your opponent**.



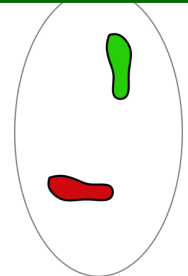
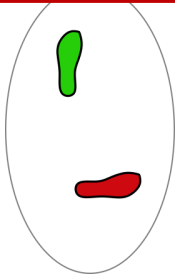
Combo 2: 2x lateral strikes  
2x diving slashes



5. From **standard stance**, perform a *backhand* (palm-down) **lateral strike**. Remember, a two-handed *strike* has more power, but less range than a similar one-handed *cut*.



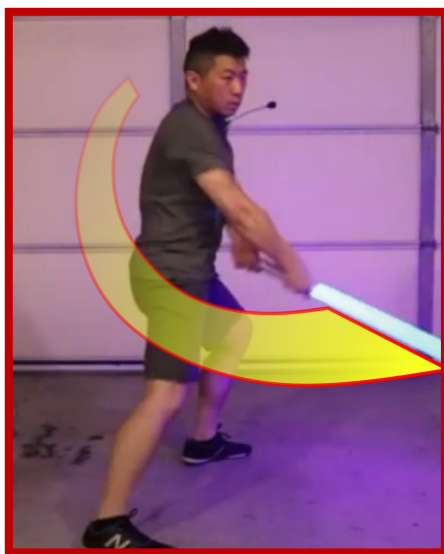
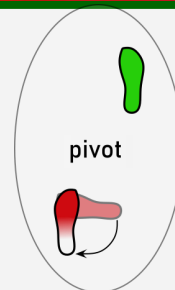
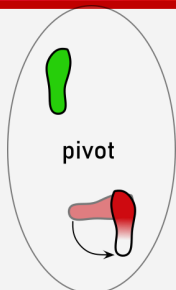
6. Pivoting your dominant arm at the elbow, bring your saber back over your head and perform a *forehand* (palm-up) **lateral strike**.



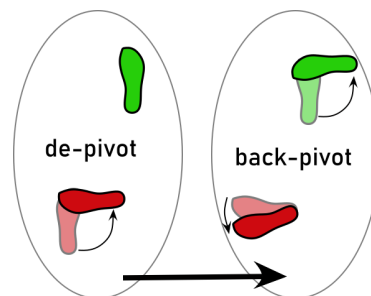
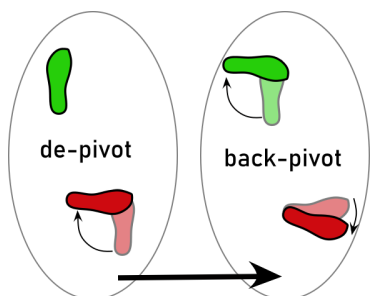
Combo 2: 2x lateral strikes  
2x diving slashes



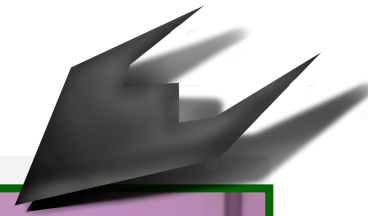
7. From step 6, bring your saber back over your head to initiate a **backhand diving slash**. As you initiate your attack, allow your shoulders, hips, and rear foot to **pivot** into a **square stance**. Your rear foot should pivot at the toe, allowing your heel to come up off the ground. This pivot increases your power and range of motion.



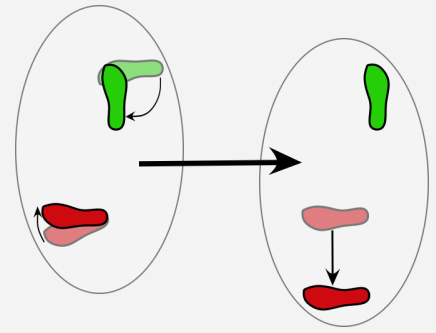
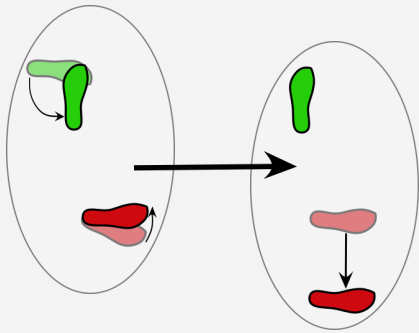
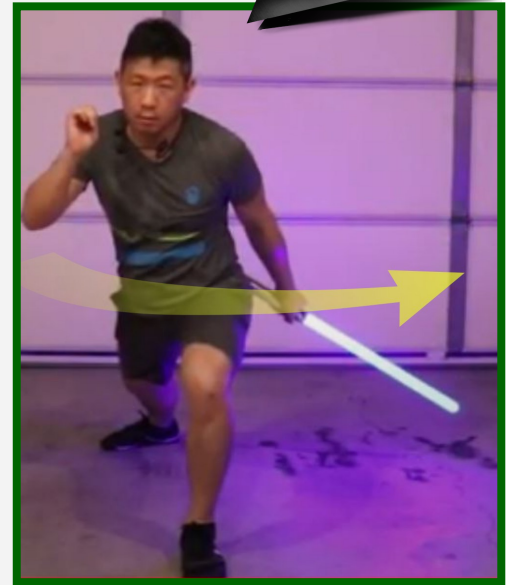
8. From **square stance**, bring your saber up to an outside high guard before initiating a **forehand diving slash**. As you initiate the attack, you will **depivot** back through standard stance, into a **back stance**. First, pivot on the toe of your **rear foot** until you reach standard stance, then pivot on the *toe* of your lead foot, swinging your lead heel outward, while pivoting on the *heel* of your rear foot, bringing your rear toes farther back. **Straighten your lead leg** and **lean away from your opponent**.



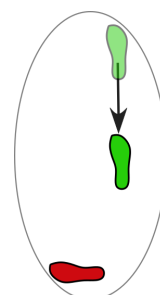
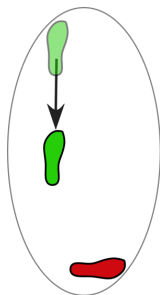
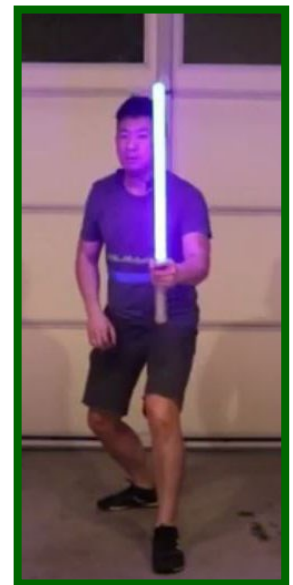
# Finishing Move: Reverse lunge with lateral strike



9. From your back-stance, **depivot** to **standard stance** and perform a **reverse lunge** as you launch a **forehand flat sweep**. The **reverse lunge** will allow you to drop down low, before escaping to the rear.



10. Push off your lead foot to recover to the rear, into **standard stance**. This takes you out of range of your opponent.



Combo 1: 2x lateral cuts  
2x diving sweep

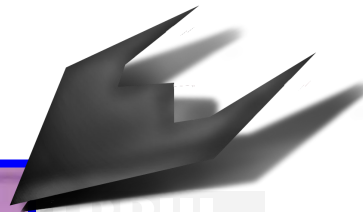


1. Note the position of the dominant hand. This is a **backhand cut**: the **back** of the hand faces up.



2. This is a **forehand cut**: the **palm** or **fingers** face up.

Combo 1: 2x lateral cuts  
2x diving sweep



3. This is a side view of the **square stance**. Notice that both feet are pointed forward, with the rear heel raised. Hips and shoulders are *squared* to the target.



4. This is a side view of the **back stance**. Notice that the fencer has straightened his leading leg and is leaning *back*, away from his opponent.



Combo 2: 2x lateral strikes  
2x diving slashes



5. Note the position of the dominant hand. This is a **backhand strike**: the **back** of the hand faces up.



6. This is a **forehand strike**: the palm or fingers of the dominant hand face up.

Combo 2: 2x lateral strikes  
2x diving slashes



7. This is a side view of the **square stance**. Notice that both feet are pointed forward, with the rear heel raised. Hips and shoulders are *squared* to the target.



8. This is a side view of the **back stance**. Notice that the fencer has straightened his leading leg and is leaning *back*, away from his opponent.

## Finishing Move: Reverse lunge with lateral strike



9. The **reverse lunge** looks very similar to a **standard lunge**; the difference is in which foot moves. In a reverse lunge, the rear foot travels backward, while the lead foot stays planted.