

Blitz IV-c introduces transitions from left to right across the centerline of your opponent, including stance and hand changes.

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

Dewback Stance: roughly equivalent to a *Middle* or *Horse* stance in martial arts, the Dewback stance is used as a *transition* from one side of your opponent to the other. Your stance should be wider than the shoulders, knees bent, toes pointed outward approximately 45°. When transitioning into and out of the dewback stance, your stationary foot should pivot off the heel.

A **slip step** is used to move a forward foot to the rear, out of range of an attack. In this sequence, it will be used to transition from the dewback stance into a square stance,

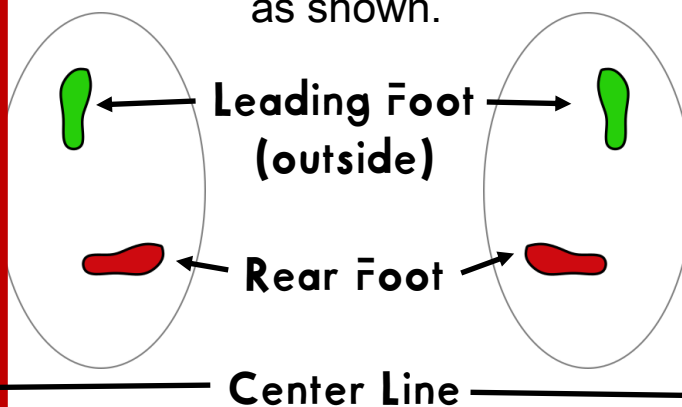
Centerline: In this sequence, we will use the idea of the centerline to help orient yourself as you transition from side to side.

Mirrored for Left Hand

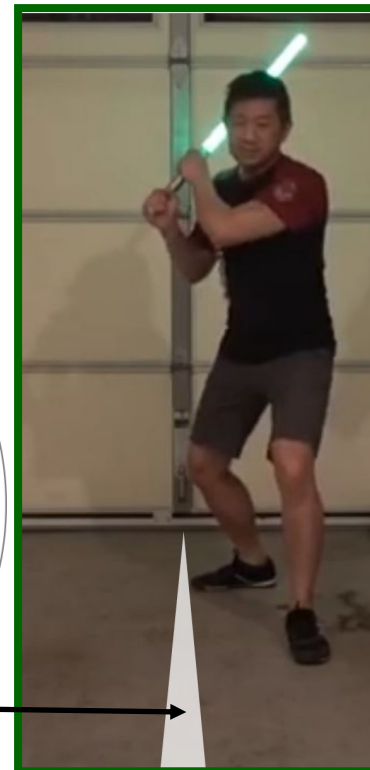


Blitz IV-c consists of 12 symmetric moves, 6 Left, 6 Right

Begin in **Standard Stance**, and an **inside high guard**, as shown.

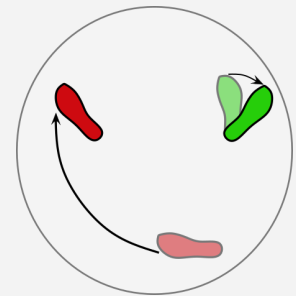
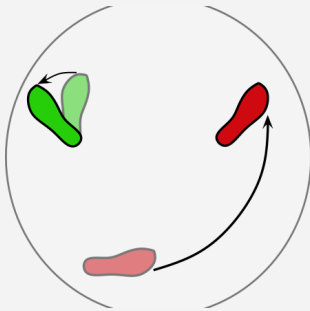


Mirrored for Right Hand

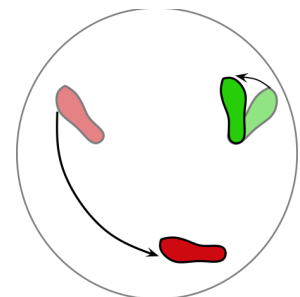
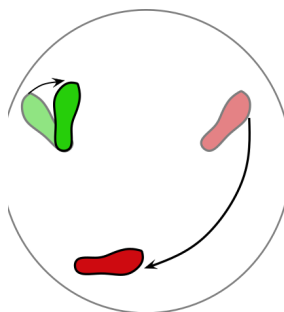
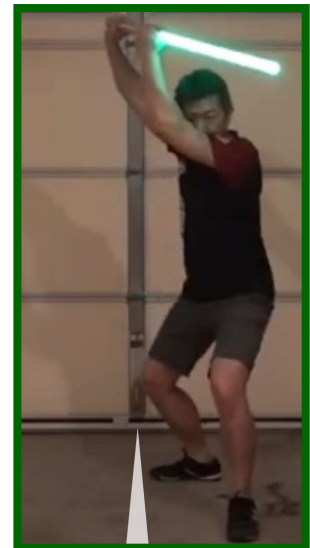




1. From **standard stance**, **inside high guard**, **step forward** into **Dewback stance** while performing a **diving slash**.

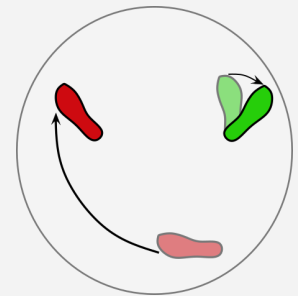
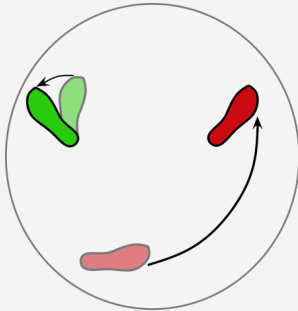


2. **Step back** into **Standard Stance** and execute **Shield 6**.

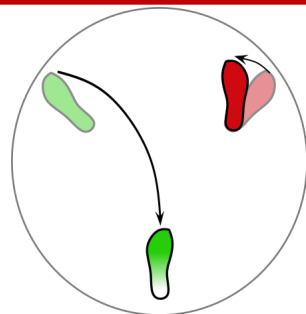




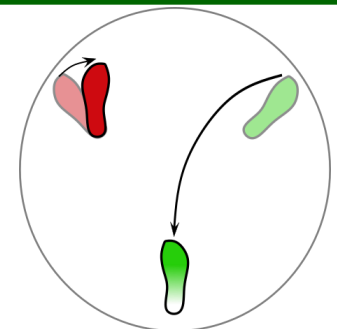
3. Repeat step 1: **step forward** into **Dewback stance** while performing a **diving slash**.



4. Chamber the weapon into a **high outside guard**, then perform a **diving slash***. As you attack, **perform a slip step**, bringing your lead foot *rearward* into a **reverse square stance**.



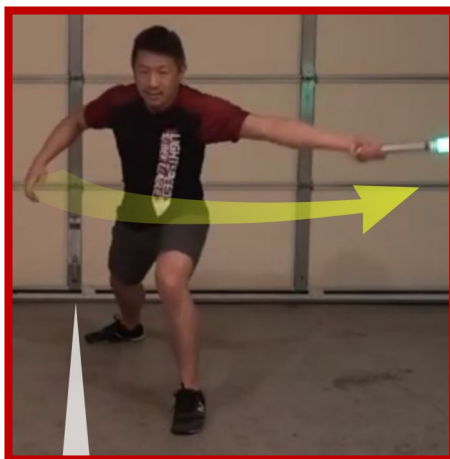
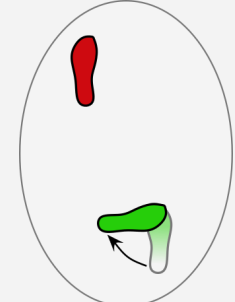
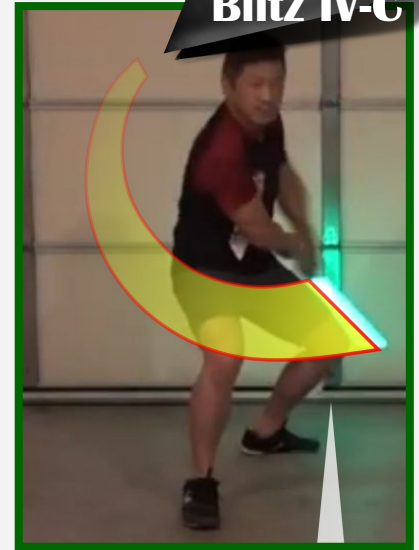
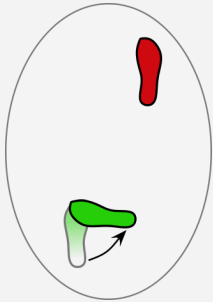
*Remember to rotate your outside shoulder all the way forward as you slip your outside foot to the rear and execute your attack. This will generate a more powerful attack.



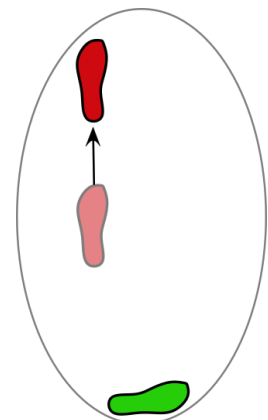
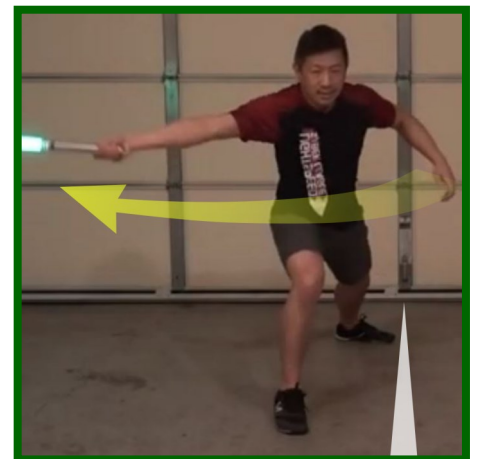
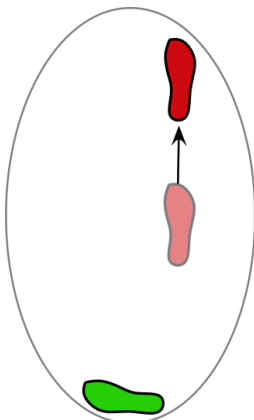


5. **De-pivot** into a **reverse standard stance** as you perform a **diving slash**.

The “Drop” is executed by rising up onto your toes slightly, then dropping down in to an exaggerated low stance. This is largely a psychological, rather than functional flourish.



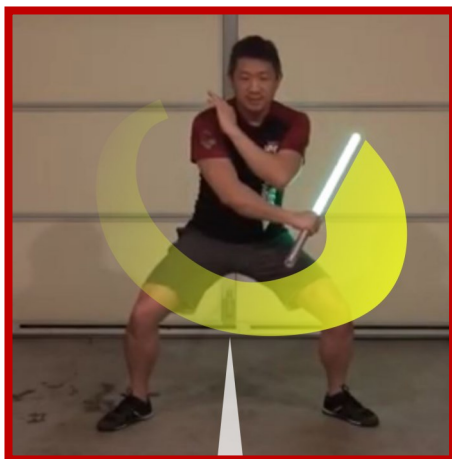
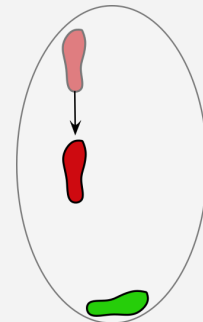
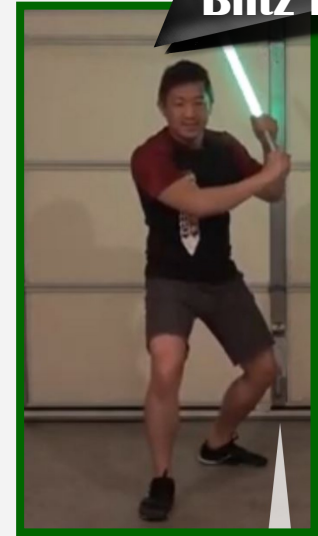
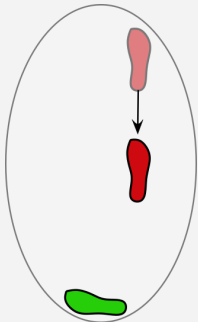
6. From **reverse standard stance**, execute a **lunge** with a **flat sweep**. Here, you will sweep with a *pommel grip*, meaning that you will release your dominant hand, attacking with your non-dominant hand. The pommel grip serves to extend your reach by effectively lengthening your weapon.





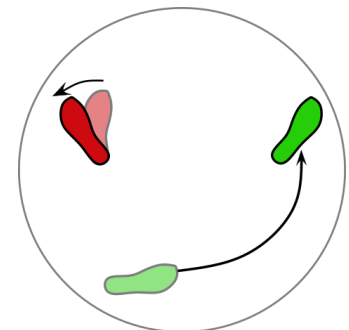
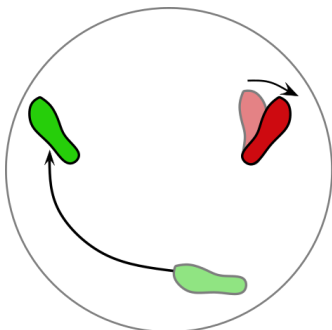
7. **Recover** back into a **reverse standard stance**, “haloing” your saber around your head to a **high guard**.

Basically, the “halo” continues the motion of the saber initiated by the sweep, to bring it around your body in an efficient manner, in preparation for subsequent action. (see video)



8. **Step forward** into **Dewback stance** while performing a **diving sweep**.*

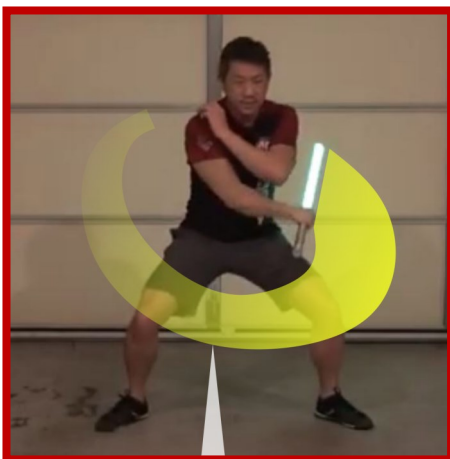
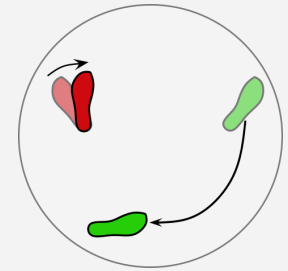
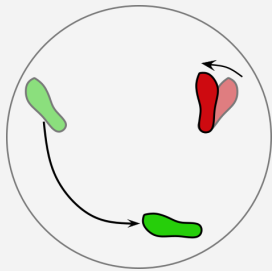
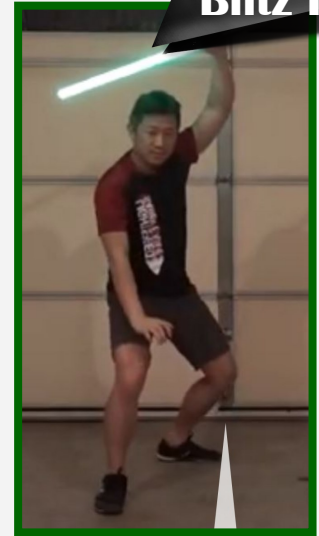
*Note: the *Sweep* is a *one-handed* attack, unlike the two-handed *Slash* performed earlier in the sequence.



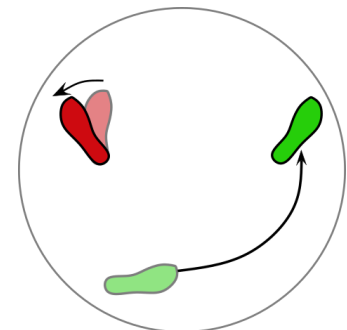
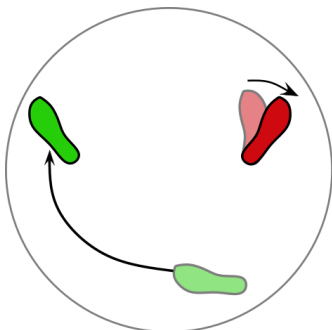
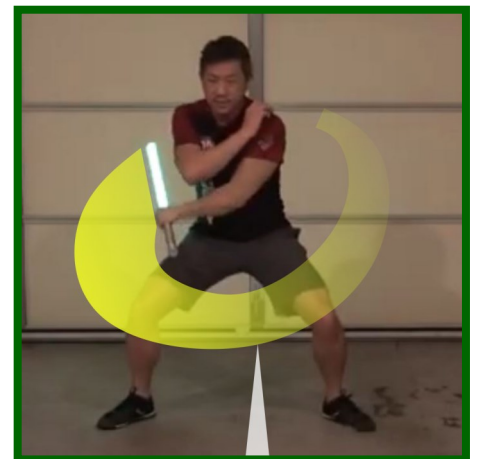


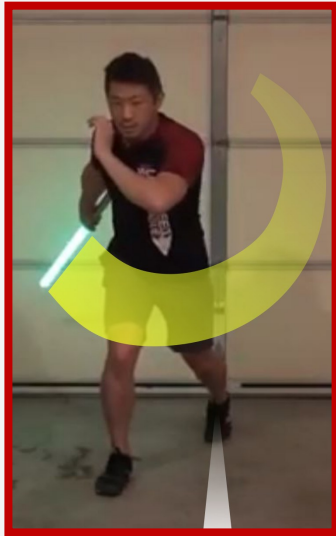
9. **Step back** into a **reverse standard stance** while executing a **reverse shield 5**.*

*The shield itself is the same as a standard shield 5; only your stance is reversed.

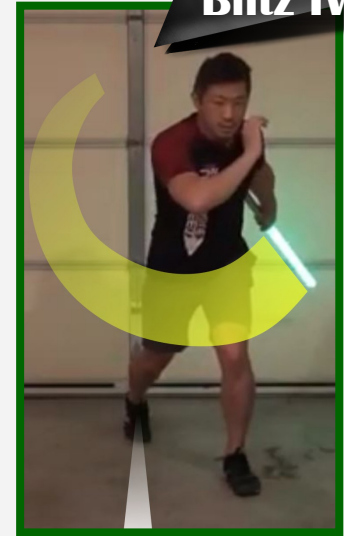


10. Repeat step 8: **Step forward** into **Dewback stance** while performing a **diving sweep**.*

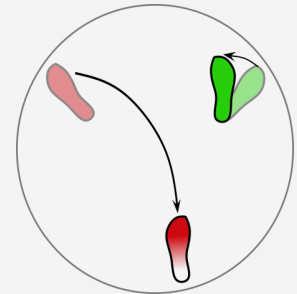
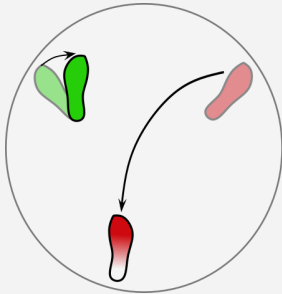




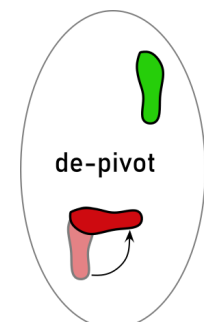
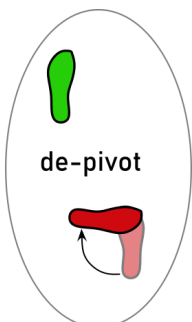
11. Chamber the weapon into a **high outside guard**, then perform a **diving sweep**.* As you attack, **perform a slip step**, bringing your rear foot back into a **square stance**.



*Remember to rotate your inside shoulder all the way forward as you slip your inside foot to the rear and execute your attack. This will generate a more powerful attack.

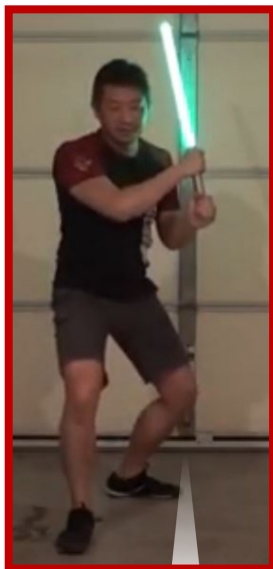
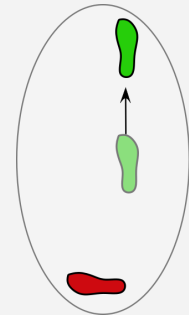
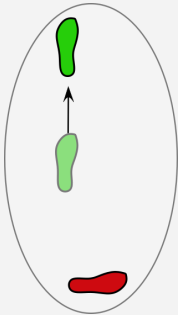


12. **De-pivot** into **standard stance**, adding a **split drop** as you perform a **diving sweep**.

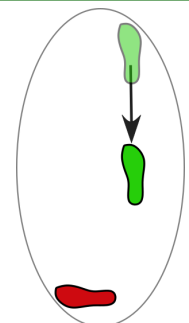
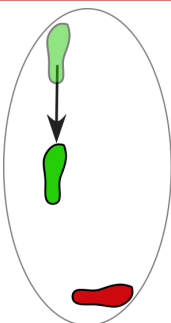
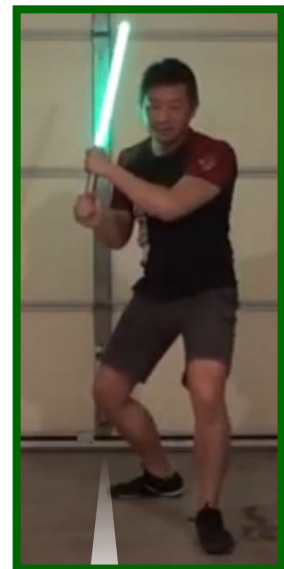




13. From **standard stance**, execute a **lunge** with a **flat sweep**.



14. **Recover** back into a **standard stance**, “haloing” your saber around your head to an **inside high guard**.





0. Standard Stance -> inside high guard

From here, the weapon is “chambered,” ready for a variety of offensive or defensive maneuvers.



1. Dewback Step -> Diving Slash

A side view of the **Dewback Stance**. Notice that feet are even, with a consistent turn-out of the toes. Be careful not to over- or under-rotate when performing the dewback *step*.



2. **Back step** -> **Standard Stance**, **Shield 6**.

Notice that a properly executed **shield 6** covers both the fencer's head and lead foot/leg.



3. **Dewback Step** -> **Diving Slash**



4. Slip step -> Reverse Square Stance, Diving Slash

Notice that the fencer's weight is shifted forward, and that his shoulder is rotated forward, on the same side that the foot is "slipped" to the rear. This torsion of the body generates more power to the attack.



5. Split Drop -> Reverse Standard Stance, Diving Slash

Here we can see that the fencer has de-pivoted his rear foot and dropped dramatically down onto his rear heel, and into an exaggeratedly deep stance.



6. **Lunge** -> Off-hand pommel grip **Flat sweep**



7. **Recover** to **Reverse Standard Stance**-> Halo to **High Guard**



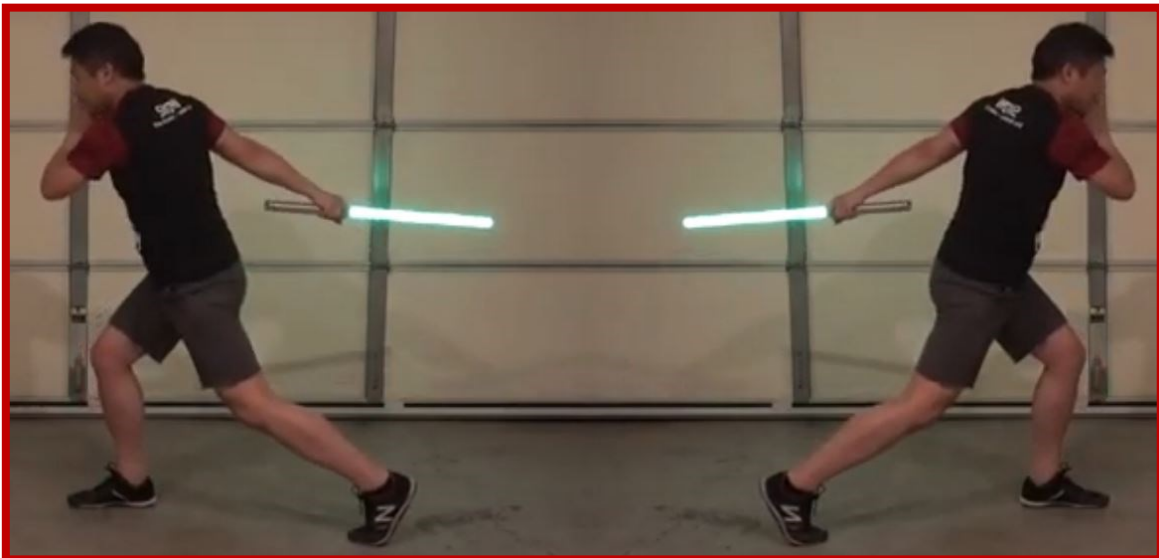
8. Dewback Step -> *Diving Sweep*



9. Back step -> Reverse Standard Stance, Reverse shield 5



10. Dewback Step -> Diving Sweep



11. Slip Step-> Square stance, Diving Sweep



12. Split Drop -> Standard Stance, Diving Sweep



13. Lunge -> Flat sweep



14. Recover to Standard Stance-> Halo to High Guard