

## Fencing Footwork

### Simple Movements:

- Advance
- Retreat
- Half Advance
- Half Retreat
- Forward Cross Over
- Backward Cross Over
- Lunge
- Flunge
- Redouble
- Backward Recovery to on guard
- Forward Recovery to on guard
- Jump Forward
- Jump Backward
- Fleche
- Appel
- Slide
- Forward Check
- Backward Check

### Composed Movements:

- Double Advance
- Double Retreat
- Advance Lunge
- Double Advance Lunge (Patinando)
- Jump Forward Lunge (Balestra)