

HAND-FOOT TIMING

Pre-initiative Tempo – establishing a pre-existing offensive action, “point-in-line”, prior to movement.

Tactically, you are allowing the opponent an opportunity to impale themselves on your “point-in-line”. You might also offer an invitation for a beat or taking of the blade by your opponent. In other words, your intention is to allow your opponent to make an early beat attack against your completed extension. This allows you and opportunity to parry his/her attack and riposte (defensive second intention or conter time). Another tactical use is to deceive (derobement) the opponent’s attempted beat. Again, you are allowing the opponent to impale themselves. You might also choose to simply attack from your line, especially when the opponent has entered your distance without trying to deal with your line.

Initiative Tempo – beginning the offensive action prior to movement toward the opponent.

The front step of the advance begins during the extension. This is the classical or traditional attack timing that has been taught as standard for initiating an attack in accordance with the rules. Keep in mind that although goodness and justice may be with you, the more extension you made before beginning the advance, the more time you give your opponent to assess and deal with your attack. Initiative tempo is most effectively used for false attacks that are designed to show a timing pattern different from the real attack. This is also good timing for the feint in many composed attacks.

Simultaneous Tempo – beginning the offensive action simultaneously with movement toward the opponent.

Extend simultaneously with the movement of the front foot in the advance. This choice of timing is most frequently used when you wish to attack with maximal speed from the optimal distance. In other words, when you choose to do a preconceived attack. It is also frequently used in false attacks.

Saved Tempo – beginning movement toward the opponent prior to the beginning of the offensive blade action.

The extension begins once the lunge is under way. The extension starts near the decision point (when rear leg acceleration begins) in the lunge, and is completed

before the lunge ends. This timing is especially useful against opponents who choose to parry very late. It relies on the maximal penetration of distance before the extension begins (the extension must be very fast). Saved tempo also allows for greater option during the lunge depending on the actions of the opponent.

Lost Tempo – Pre-initiated offense is withdrawn during the lunge, and the real attack is begun following the end of the lunge.

This timing is sometimes referred to as broken time. Because of its unusual rhythm, it is very difficult to defend. It is dangerous to use this tempo against opponents who favor the use of counterattacks.