

# Intermediate Foil I

## Lesson 2

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*Last revised 12/13/00*

Footwork Drills

Distance Drills

Lunge Duel

Glove Duel

**80% Extension Drills**

Adv Lunge Simple Attack

**Patinando**

Patinando Duel

Patinando Simple Attack

Footwork Drills

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# Patinando

The Patinando, a form of advance lunge, provides a mechanism to steal time from an opponent.

Examine in detail the standard advance lunge. Examine the **tempo** of the footwork, looking at the time from the front foot heel fall, to the back foot advance, to when the heel of the front foot lands on the lunge. Notice that the timing on all 3 of these individual components of the advance lunge happen with the same delay between each. This footwork keeps a constant 3 tempo speed. Imagine the timing as bump-pause-bump-pause-bump. Count the motions off in your head as one-and-two-and-three!

Now increase the 'speed' of the action. Instead of 1-pause-2-pause-3, perform the action at an increased speed like 1-2-3. Notice that although you change the 'speed' you do not change the 'tempo' The motion still consists of three beats, each occurring with the same time between.

The problem with trying to steal time by simply rushing your steps lies that your opponent picks up this change in tempo and simply speeds up their retreats. Also, a natural tendency to trying to 'rush' something cause a perceptible tensing of the body. A good opponent senses your decision to surprise them before you even start!

If we call the advance lunge a 3 temp motion, examine in passing the jump-lunge or ballestra (do not dwell on this footwork, I plan to teach this footwork in detail later this class). Now, count off the tempo's in a jump lunge. Bump - Bump (1 - 2) or 2 tempos!.

The Patinando is a motion that occurs between these two tempos. A basic advance lunge makes up the base footwork, however, the tempo changes mid motion to attempt and surprise the opponent. We attempt to make a 2 and 1/2 tempo footwork by suddenly increasing the tempo surprising the opponent, catching them in mid retreat.

The sound of a correctly executed patinando sounds like bump-pause-bumpbump.

In order to accomplish this, the most critical item occurs during the front foot advance. You must surprise the opponent, and as such, you must make the front foot advance with a relaxed, normal speed (if not slightly slower) kickout. Then as the heel comes down, immediately make an abrupt short rear foot recovery followed by an immediate explosive lunge.

In comparison to the advance lunge, the rear foot recovery actually advances a shorter distance than normal. Our objective lies in stealing **time** not distance!