

Étude One for Single Rapier

Italian Stance- Profiled, open hips, backloaded weight, sword presented in *terza*, off hand at mid-chest.

1. Constrain to outside line with parry 3 and lunge in *secunda* to the shoulder cluster, off hand parries under the sword hilt. Recover forward, hands return to guard.
2. Constrain to the inside line with parry 4 and lunge in *quarta* to the shoulder cluster, off hand parries under the sword hilt.
3. Parry 2, pivot 90 degrees to outside line on lead foot, compass pace with back foot. Support parry with off hand. Lunge to the throat in *secunda*, off hand parries under the sword.
4. With back foot, step slightly behind and begin parry 1. Turn feet, hips and shoulders 90 degrees to inside line to finish parry 1 180 degrees from start of movement. Pass lunge in *prima* to throat, off hand parries under the sword.
5. Gather back foot, hip and shoulder forward to the same line as the lead foot, coiling to parry 1 in preparation to *moulinet* into *fendente*. Turn 90 degrees to outside line in concert with *fendente* and settle into Italian stance, sword naturally falling to *terza*.
6. Lunge in *secunda* to the hip cluster, off hand performs a hanging parry to the inside line. Recover forward, hands return to guard.
7. Lunge in *quarta* to the vita, off hand performs a hanging parry to the inside line. Recover forward, hands return to guard.
8. Demi-pass into a coil, pivot 180 degrees to the outside line, bringing the sword behind the head, cut down, roll to palm up, salute. Finis.