

Characteristics of tactical improvement in the sixth ligament to penetrate the defensive barrier of the Pioneril foil
Características del perfeccionamiento táctico en ligamento de sexta para penetrar barrera defensiva del florete Pioneril

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ABSTRACT

The present study was a descriptive research. It was carried out to describe the particularities and importance of the tactical improvement of the sixth ligament for its use in combats with foil fencers in their initiation. For this, the logical inductive methods and the indirect qualitative method were used since the sources of information were documentary. The content of this process of tactical improvement is to assimilate the means of preparation in certain actions. Objective: to carry out a descriptive research to characterize the tactical improvement of the sixth ligament and its changes when penetrating through the defensive barrier of the Pioneril foil.

RESUMEN

El presente estudio fue una investigación descriptiva. Se realizó para describir las particularidades e importancia del perfeccionamiento táctico del ligamento de sexta para su utilización en los combates con esgrimistas de florete en su iniciación. Para ello se utilizaron los métodos lógico inductivo y el método cualitativo indirecto ya que las fuentes de información fueron documentales. Este proceso de perfeccionamiento táctico tiene como contenidos asimilar los medios de preparación en determinadas acciones. Objetivo: realizar una investigación descriptiva para caracterizar el perfeccionamiento táctico del ligamento de sexta y sus cambios al penetrar a través de la barrera defensiva del florete Pioneril.

Keywords

Defensive barrier; Hand-to-hand combat; Sixth Barrera defensiva; Combate cuerpo a cuerpo; ligament; Pioneer foil; Tactical improvement; Ligamento de sexta; Florete pioneril; Shooter.

Palabras clave

Perfeccionamiento táctico; Tirador.

INTRODUCTION

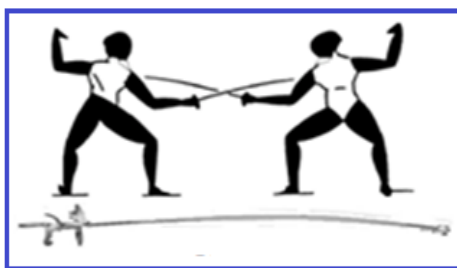


Fig. 1 Valid surface.

The present study was a descriptive research. It was carried out to describe the particularities and importance of the tactical improvement of the sixth ligament and its changes for its subsequent use in the combats of fencers with foil in their initiation. This process of tactical improvement has as its contents, assimilating the means of preparation in certain actions. In his study and by experience it was determined that in it, the tactic decisively influences the results of the competition or, as in the present case, in the assimilation of an element as important as an attack composed of ligaments, one in the most precise ways to reach the opposing foilist's valid surface (Fig. 1), penetrating his defensive barrier. This action, due to its peculiarity of being eminently defensive, makes it very difficult to touch with a simple attack.

Importance: *"The influence of tactics on the outcome of hand-to-hand combat Wrote"* Arkayev (1990), p.336, adorns fencing, spreading to a large extent: its educational influence on the intellectual sphere of the young fencer.

About the ligament and the change of ligament, wrote Cheris (2003), *"they are important because they help develop precision, control and handling of the blade"* (p.61). They are also capable of controlling the opponent's iron and avoiding it when necessary. From this simple tactile movement, it is possible to learn a lot about the opponent through the sensation transmitted by the blade of his weapon. And, according to Arkayev (1990), *"any exercise with a tactical objective used by the student and the teacher, in which quality is taken into account, turns out to be an exercise that perfects technique"* (p. 467).

This stage is important in the young shooter because, as Campomanes et al 1993 wrote, at these ages is when skill is discovered and refined; typical quality of fencers. And he added:

Between the ages of six and thirteen is when skill is discovered and refined, which must be encouraged at this age through specific exercises that offer the young shooter the neuromotor aptitude background required in their sport. This is therefore the age that best lends itself to the acquisition of gestures, figures, motor programs and

characteristics of each weapon. During this period, the development of a basic physical preparation program that allows harmonious and correct muscular adaptation should not be neglected. (Campomanes et al 1993, p.276)

METHODOLOGY

To solve the problem, this descriptive research was carried out on the characteristic of tactical improvement to obtain results in a ligament attack. For it; and since the sources of information were documentary, the indirect qualitative method and the inductive logical method were used. Objective: fulfill a descriptive research to characterize the influence of tactics on the improvement of the sixth ligament and its changes when penetrating through the defensive barrier of the Pioneril foil.

DESARROLLO

Tactical improvement of the sixth ligament to penetrate the defensive barrier of the Pioneril foil. The process of tactical improvement: It has a specific content, which includes, above all, the mastery of the means of preparation and application of a specific composition of actions, the realization of tactical intentions in specific situations of competitions. For this study, the opinions of some of the classics of foil fencing will be taken into account:

- According to serfitness.net (2021), the fundamental means of tactics is the sports technique that is applied in the stable and changing conditions of the external environment, according to prior plans and correspondence with the tasks that arise.
- Any exercise with a tactical objective used by the student and the teacher, wrote Arkayev (1990), in which quality is taken into account, turns out to be an exercise that perfects the technique.
- An inseparable part of tactical knowledge and psychomotor specialization, said Tyshler (1980), will result in the formation of tactical skills and qualities.

Important tactical information to quickly use selective actions can be, for example, different personal knowledge:

- The tendency to prepare for the opponent's attack, counterattack, defense and response.
- Data on the sector of execution of the offensives.
- Data on the content and possible amplitude of the preparatory movements with the weapon, on the length and speed of the movements (approach and retreat).
- Degree of willingness of the adversary to execute the actions.
- Succession of his intentions.
- Weapon positions before starting combat. (Tyshler 1980).

Pioneer Floretists: To teach and train the actions chosen for fencers in the initiation of foil, it is a process in which the coach must be imbued. As Sánchez (2022) suggests, sports initiation is emerging as a necessary process for the training of new sports talents, but at the same time as an essential element for the creation of intellectually and motorically healthy adults.

According to MCD (2022), fencing increases speed, skill and strength and educates the most important psychic qualities: will, self-control, initiative, security and intelligence.

This stage is important in the young shooter because, as Campomanes et al (1993) wrote, at these ages is when skill is discovered and refined; typical quality of fencers that must be encouraged here, through specific exercises that offer the young fencer the neuromotor aptitude background required in their sport.

Foil defensive barrier: In foil fencing in relation to the limited valid surface, with its very rigid convention in relation to the priority of the attack; especially important to penetrate the blade through the adverse defensive barrier and always considering its reactions and also the space-time parameters of the movement of the weapon and the change in distance.

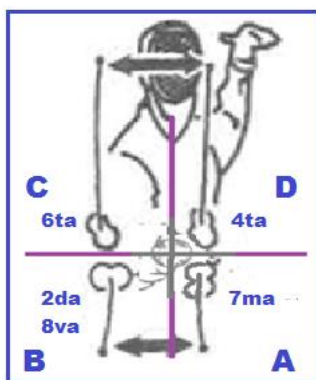


Fig. 2 Fundamental stops of the foil. (Defensive barrier)

In his book Fencing, Arkayev (1990), “explains that nine types of defenses are used in foil. Of all of them, the most used are the fourth, sixth, seventh and second, executed with direct, semicircular and circular movements of the weapon” (p.151) (Fig.2).

The defensive action, according to Turón (1999), “is one that aims to prevent the opponent from touching a valid surface. It is the action of stopping or deflecting the opposing attack” (p.76). Turón, proposes the sixth, fourth, eighth and seventh positions with the armed hand (Fig.2). All executed according to their trajectory in straight, semicircular and circular stops.

For his part, Tyshler (1980), proposes: “the fourth and sixth through the upper sectors (Fig.2 A and B), the seventh and eighth below (Fig.2 C and D) as main stops” (p.87). He clarifies the

same that some shooters successfully use the second semicircular defense instead of the eighth and seventh.

Hence, in the foil the defensive system; The defensive barrier is made up of the sixth, fourth, seventh, eighth and second defenses taken with direct, semicircular and circular movements.

Defensive barrier of the Pioneril foil: In the Pioneer category, in the Comprehensive PIPD Athlete Preparation Program (2021-2024), the Cuban Fencing Federation also takes the fundamental stops of the foil as a defensive barrier for this category: the fourth and sixth direct, semicircular and counters. or circular, the seventh, the eighth and the second direct and semicircular.

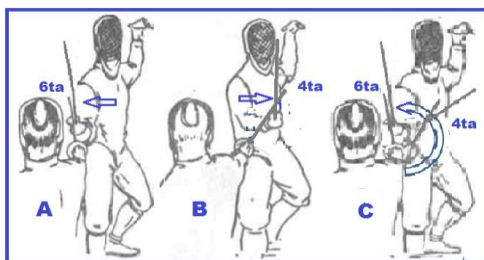


Fig. 3 A-6th ligament. B-4th ligament. C- Ligament change from 4th to 6th.

The ligament and its changes: The action of putting one's own weapon in contact with the opponent's weapon is called a ligament (Fig.3 A and B). To execute it, starting contact with the weak third, the hand moves forward, dominating the opponent's iron throughout the execution, ending in the middle third of the opponent's weapon. Continuing with its execution, Turón (1999) states:

Besides, sufficient perpendicularity must be maintained between the two weapons, which allows closing the opponent's line of attack. The ligaments are named in the same way as the position adopted to carry them out; For example, the four main stops mentioned above: sixth, fourth, eighth and seventh (p.65).

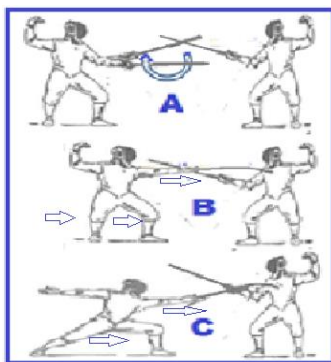


Fig. 4 A-6th ligament. B-Touch with step forward. C- Touch with bottom.

To execute the ligament, change in the high lines (Fig.3), from the previous ligament one passes to the opposite line below the opposite leaf; in the low lines, the opposing sheet will be passed over.

The ligament and ligament change (Fig.3 A, B and C), wrote Cheris (2003), p.61, are important because they help develop precision, control and handling of the blade. They are also capable of controlling the opponent's iron and avoiding it when necessary. From this simple tactile movement, it is possible to learn a lot about the opponent through the sensation transmitted by the blade of his weapon. And here we are in the presence of tactical influence. The beginner of fencing hears about tactics for the first time in conversations with the teacher or in lectures, but then, with the study of each new element, he learns its usefulness in combat.

The ligaments and their changes are carried out by the action of the strong region of the attacking weapon on the weak region of the opponent's weapon. This type of relationship between the blades makes the fencer who uses the ligament stronger than the fencer who uses the ligament. This action of taking the blade in the strong region; near the bowl, towards the opponent's blade near its tip, is carried out fundamentally by the movement of the arm from the shoulder and elbow until the attacker's weapon reaches a desired position with the tip forward in search of its surface attack or valid surface.

The attack from the ligament can be done by taking the ligament at the firm foot and playing with the step or with the bottom (Fig.4). When the ligament is performed at a long distance, the weapon is taken with the step and it touches the bottom.

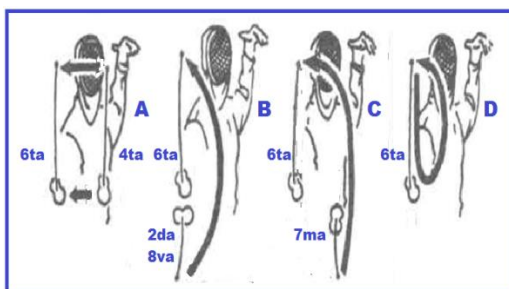


Fig. 5 A-Sixth direct ligament. B, C- semicircular ligament. D- Circular ligament of 6th.

Attack by ligament and its changes from sixth: this attack by ligament, in the present case; sixth ligament, is carried out by the action of the strong third of the blade of the attacker, on the weak third of the opponent's weapon until adopting the sixth position, although a little more forward than the sixth parry. In this case, the attacker is the one who exerts pressure on the opposing weapon and it must be stronger.

This offensive movement with the strong third of the blade closest to the bowl must be directed but as close as possible to the tip of the blade; The weak third is carried out mainly by the movement of the arm from the shoulder and elbow until the opposing weapon reaches the sixth position. The optimal choice of this attack must be based on the shooter's understanding of the usefulness of it, of the tactical understanding of it. Use the essential speed, the breadth of movements with the weapon, the length of the offensive and consider the characteristics of the opponent's movements in defense.



Fig. 6 A-Attack on top line. B-Attack on the right flank.

The attack with sect ligament can be direct from fourth position (Fig.5 A), it can be semicircular coming from second octave or seventh (Fig.5 B, C), and also circular (Fig.5 D). This attack can be carried out from three distances. Short; with direct touch, extending only the armed arm after taking the ligament; with step forward in the middle distance or with background, or with step and background; In this case the ligament is made with the step and is attacked with the bottom (Fig.4). Once the sixth ligament is taken, the attack can be directed to the opponent's valid surface that is most open: to the flank or lower sectors (Fig.6 B), or to the chest; top line.

The ligament and its sixth changes are important because it allows you to take the opposing weapon and remove it from the external line, moving it away from the valid surface and allowing you to finish the attack more easily; to the chest if there is no strong opposition or to the flank to not allow the opponent to stop.

Characteristics of the exercises for tactical improvement: They will be exercises in which, at the beginning, said Arkayev (1990), the student needs to pay attention to these two concerns; how to do it, and when to do it, and thereafter, increase the need to resolve what to do: *“here, as in almost all other fencing exercises, the synthesis of technical and tactical teaching appears, because by worrying about carrying out quality measures, distributing attention in parts, the automation of technical practices is easier”*. (Arkayev 1990, p. 467).

According to Cheris (2003)

The proposed succession of the assimilation of these tactical skills, being only a beginning, so the training process must be taken into account; The age of the students and the weapon they use are known, so the individual characteristics and individual preferences of each of them must be considered. (p. 92)

Arkayev (1990) submits that: “*generalizing this idea, we reach the conclusion that any exercise with a tactical objective used by the student and the teacher, in which quality is taken into account, turns out to be an exercise that perfects the technique*”. (p. 467)

At this point the need arises for special tactical objective exercises, and thereafter for purely tactical exercises. The correlation of exercises in one sense or another in the teaching and training of fencers in higher categories must depend on the individual characteristics of the novices and the training period. (Tyshler 1980).

The exercises are used to refine technique. Perform them slowly and methodically to promote precise muscle memory of each action. Speed will increase as technique, pace and distance improve. Mastery in fencing comes from the correct repetition of simple actions. Master the basics! (Cheris 2003)

CONCLUSIONS

To teach and train the actions chosen for fencers in the initiation of foil, it is a process in which the coach must be imbued. Sports initiation is emerging as a necessary process for the training of new sporting talents, but at the same time as an essential element for the creation of healthy adults on an intellectual and motor level, taking into account that any exercises with a tactical objective used by the student and the teacher in which quality is taken into account, it turns out to be an exercise that perfects the technique.

In the Pioneer category, the fundamental stops of the foil are taken as a defensive barrier: the direct fourth and sixth, semicircular and counter or circular stops. The seventh, the eighth and the second direct and semicircular. The ligament and its changes by sixth is important because it allows you to take the opposing weapon and remove it from the external line, moving it away from the valid surface and allowing you to finish the attack more easily; to the chest if there is no strong opposition or to the flank to not allow the opponent to stop. In this case, it is taken into account that the process of tactical improvement has a specific content, which includes, above all, mastery of the means of preparation and application of a specific composition of actions, the realization of tactical intentions in situations specificities of the competencies.

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