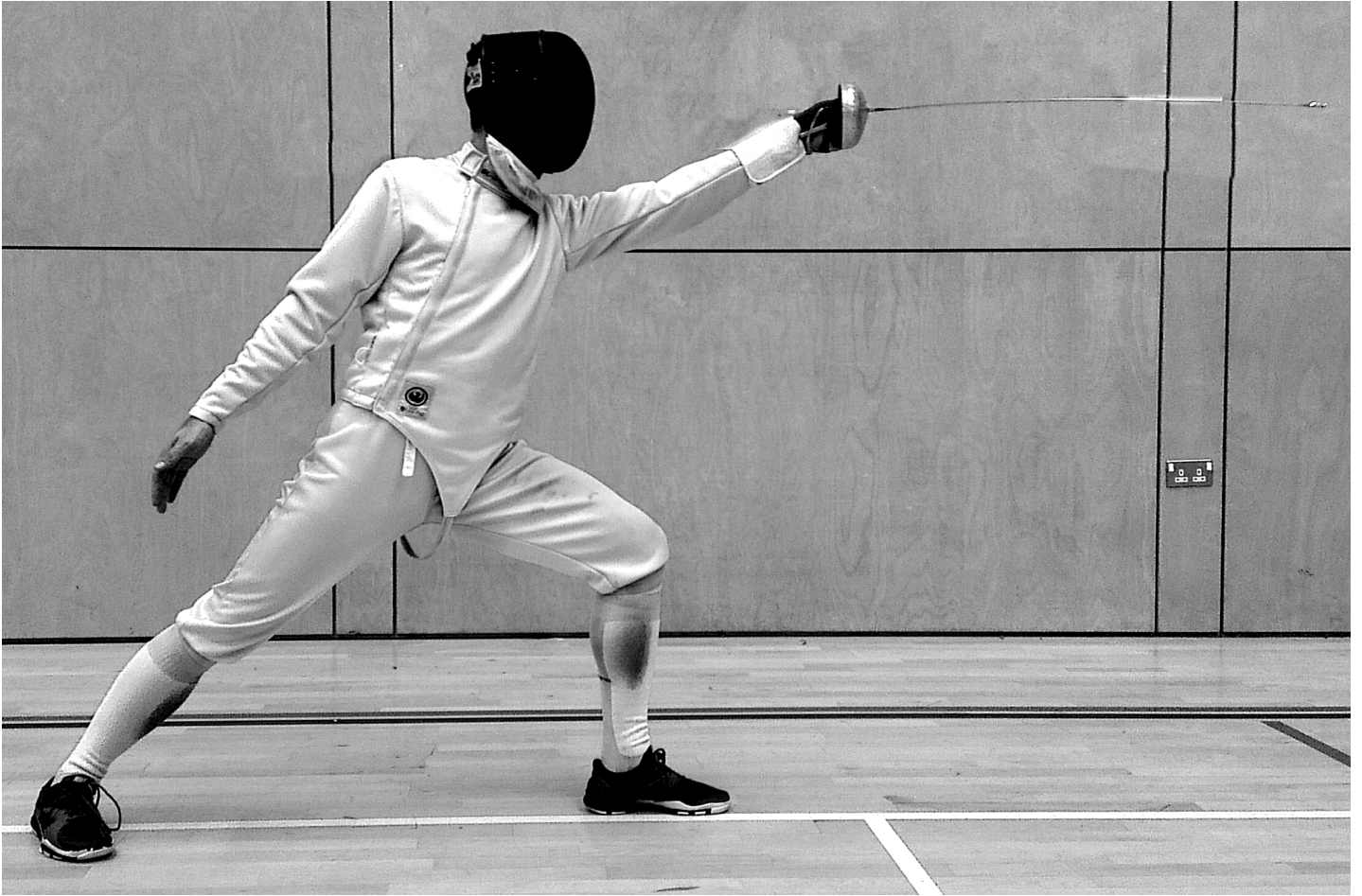


Lunge



- Arm first
- Kick the foot
- Body upright
- Guard above the shoulder
- Front knee above middle of the front foot
- Back leg straight
- Back foot on the floor
- Back arm straight (balancing you)



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