

seven "Cuts" and "Guards." The "Cuts" are directed through the centre, distinguished by lines, and named according to that figure from which each "Cut" commences. The "Guards" are performed by holding the sword opposite, and in the inclination of the dotted lines, which have sword-hilts attached to them; and supposing the circular figure to be about the breadth and height of a man's body, the "Cuts" and "Guards" will be regulated according to the lines described upon the circle; nor should the Recruit be practised in any other mode until he has gained the proper direction of the "Cuts," as well as the inclination of the blade, and position of the wrist, in forming the "Guards."

The "Points," or "Thrusts," should be directed, as marked in the Target, with the wrist towards No. 1, and the edge of the sword raised to the right in the "First Point;" or towards No. 2, with the edge raised to the left in the "Second Point;" and in the "Third Point," with the wrist rising to the centre, the edge upwards to the right, and the point directed as marked on the bottom of the circle.

The sectional lines of the Figures over the Target represent the Preparatory Positions.

In order to admit of several Recruits being exercised at the same time, circles, with the interior lines, as shown in the accompanying plate, may be delineated in the places of exercise, their diameters being 14 inches, and their centres about four feet from the ground.

Cuts, Guards, Points, and Parries on Foot.

The Recruit, being perfectly instructed in the preparatory movements, may now take the sword; making him acquainted with the strong and weak parts of it; the "forte" (strong) being the half of the blade near the guard; the "foible" (weak) the half towards the point. Indeed, a knowledge of these distinctions is very material, either in giving or guarding a cut; as much depends upon their proper application. From the guard upwards, in opposing the blade of an adversary, the strength decreases in proportion as it is received towards the point; and *vice versa*, it increases from the point downwards. The "forte" ought always to gain the "foible" of the opponent's weapon, and the cuts should be given within eight inches of the point, that the sword may clear itself. In delivering a cut, it is advantageous if the "forte" meets the adversary's "foible," as it will of course force his guard. The sword should be held flexible, and easy in the hand, but yet sufficiently firm to resist the cut of