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Personal experience. Center of mass should be back not forward when you en garde, guard should be in parry 3 position not facing forward. Relax your left hand. CROSS YOUR FEET when you go back(distance parry), and really do practice that, and use it. Two MEDIUM fast then distance parry; two SMALL fast then read. Fence more experienced fencers, ppl learn more when they lose. If attack in prep always getting parry, try showing them the blade first, then switch to 2. Do more belly cuts, it helps with controlling the blade. Don't bend your knees TOO much when en garde, relax a little. Add a little bit of jump to long attack. I am a piece of shit and I don't listen to coaches when I fence, focus on your bouts. Again, distance parry!!! don't always be the one who is taking the actions first, read and react, it will become muscle memory trust. And, celebrate when you've got a touch, could be anything. Again, distance parry!!! and try not to remise when you miss, active defense or LINE. Two advances and a lunge won't always work. Sometimes I really wish they got more sabre fencers so you can practice, cuz I learned most from fencing Devan, Sophia, and Isaak, that was like post high school

I love fencing but I really can't become competitive anymore due to all the stupid assignments.

How long have I been fencing? Around 7 to 8 years and still a U. You are doing a lot better than I am and a lot of people, and trust me, I am proud.