

# Association between knee, ankle, and hip joint angles and contact time during the lunge and recoil phases among sabreurs [Asociación entre los ángulos articulares de la cadera, rodilla y tobillo con el tiempo de contacto durante el fondo y el recobro en sablistas]

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**Background:** Fencing is an Olympic combat sport divided into three different disciplines: the foil, the épée and the sabre. The most used attack movement by fencing athletes is the lunge. **Problem and Aim:** The main objective of this study was to correlate joint positions of the lower limb with the contact time of the lunge attack followed by the recoil. **Methods:** Ten male (mean  $\pm$  SD, age =  $22.0 \pm 5.7$  years; body mass =  $70.3 \pm 11.1$  kg; height =  $174.6 \pm 9.4$  cm) fencing athletes (sabre) from national and international teams participated. **Results:** We observed a correlation between the contact time of the lunge attack and hip angle ( $r = -.75$ ,  $p = <.05$ ). **Conclusions:** The degree of flexing of the hip joint, evaluated through video, was inversely related to the contact time in the lunge attack and recoil in male sabre athletes. © 2020 Federacion Espanola de Docentes de Educacion Fisica. All rights reserved.

Combat sports

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