

8-WEEK ADULT BEGINNERS' FOIL PROGRAMME

Aim. The aim of the programme is to introduce you to the modern Olympic sport of fencing.

Outcomes: By the end of the 8-week programme, you will be able to

- Outline the history of the sport fencing
- Recognise the three modern Olympic weapons
- Act safely and responsibly in the Salle
- Demonstrate correct fencing etiquette and sporting behaviour
- Demonstrate a range of fencing moves and actions for attack and defence
- Use a range of fencing terminology
- Apply basic fencing rules and regulations
- Spar with an opponent for a given number of hits

Content and Format. Each session will comprise warm-up and gentle stretches followed by fencing related exercises and games, as well as free play. During the programme you will learn sporting behaviour and fencing etiquette, and a range of footwork and blade-in-hand moves will be introduced to you to give you a variety of offensive and defensive actions to use when sparring. Sessions are designed to progress each week, building on the techniques learned, but include time for revision to consolidate skills – or to catch up if a session is missed. The final session will comprise an introduction to fencing using the electronic scoring apparatus.

Two additional sessions will be added to the end of the course to fence with other club members.

Topics include

- The history of fencing
- The 3 modern Olympic weapons
- Health and Safety in the Salle
- Fencing Etiquette
- The grip and stance
- The salute
- Mobility
- Basic attacks (thrust and lunge)
- Basic Defence (simple parries)
- Counter-ripostes
- Beats and Disengages
- Using the scoring apparatus
- Basic Officiating (refereeing, scorekeeping, timekeeping)

What we supply: Coaching and Equipment for the duration of the programme

What you need:

- **Jogging bottoms or tracksuit trousers (not leotard-type/lycra leg wear – it is too thin),**
- **T-shirt,**
- **Socks,**
- **non-marking thin-soled trainers.**
- **A plastic bottle of plain water.**
- If you use an **inhaler** please bring it.
- Those with long hair must ensure that they can tie it back securely.

For safety reasons shorts, jeans, combats or any other trousers with external patch pockets are not allowed