

The Junior Beginners' Course Syllabus

Aim. The aim of the Junior Beginners' programme is to introduce the sport of fencing to participants.

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

- Outline the history of the sport fencing
- Recognise the three modern Olympic weapons
- Act safely and responsibly in the Salle
- Handle a foil safely
- 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
- State rules and regulations of foil fencing
- Fence a bout for 5 hits

Content and Format. Each session comprises warm-up and gentle stretches followed by fencing related exercises and games. Teaching is done in small groups only so that each child receives close attention from the coach. During the programme a range of footwork and blade-in-hand moves are introduced to the participants to give them a variety of offensive and defensive actions to use when sparring. They learn sporting behaviour, how to officiate, score and time-keep and are introduced to competitive fencing using electronic scoring apparatus.

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
- Steps forward and back
- The thrust and lunge
- The parry and riposte
- Counter-ripostes
- Beats
- Rules and regulations
- Scoring
- Timekeeping
- Refereeing and Judging
- Definitions of fencing terms