

# ADVANCED FENCING CLASS



## Essentials of Fencing Technique:

1. Mental Preparation
2. Physical Preparation
3. Technical Actions
4. Strategy
5. Tactical Actions
6. Terminology

Strategy = "WHAT" are we trying to accomplish?

Tactics = "WHO" and "HOW" are we going to accomplish the goal?

↳ Tactics are the proper application of fencing techniques with strategy in mind so accurate touches can be scored.

Example:

Opponent is a "bulldozer" fencer – we are getting hit by a constantly attacking fencer

- Strategy:
  - "WHAT"
    - Must stop this fencer from attacking so no more touches are scored against us
- Tactics
  - "WHO"
    - In our case this answer is always YOU...the person who is fencing
  - "HOW"
    - attack ourselves
    - collapse distance
    - point in line

Strategy coupled together with Tactics make a dynamic and complete fencer assumed that the very basics of Mental & Physical Preparation are a given factors!

## 1. MENTAL PREPARATION

### "FENCING PERSONALITY"

Mental Preparation includes developing of reason skills such as:

- a. Logic
- b. Strategy
- c. Tactics
- d. Self & Body control – TRAIN THE BRAIN!!!!

## TOOLBOX analogy

Technique – Strategy – Tactics

There is no Tactics without Strategy and there is no Strategy and Tactics without Technique and the reverse is true as well!

Fencing Techniques are physical action of fencing that include footwork and blade work coupled with a sense of distance and timing.

## What makes a fencer a CHAMPION?

Being able

- to control or at least influence the confidence of the opponent
- to apply the right tool from Toolbox for the detected problem (action against us)
- to be flexible with actions
- to have a cool head while executing actions
- to have an instinctive understanding of the opponent's potential actions and responses
- to observe the opponent and recognize his/her "fencing personality" such as:
  - Defensive Fencer
    - Cautious Fencer
  - Offensive Fencer
    - "Bulldozer Fencer"
    - Risk-Taking Fencers
  - Balanced Fencer – Equally good at defense and offense
    - This is ultimately the goal for a champion fencer but all champions have their strengths that they rely on and weaknesses that they continuously work on!

The "Fencing Personality" is based upon basic personality traits!

Trait	Description
<b>O</b> penness	Being curious, original, intellectual, creative, and open to new ideas.
<b>C</b> onscientiousness	Being organized, systematic, punctual, achievement oriented, and dependable.
<b>E</b> xtraversion	Being outgoing, talkative, sociable, and enjoying social situations.
<b>A</b> greeableness	Being affable, tolerant, sensitive, trusting, kind, and warm.
<b>N</b> euroticism	Being anxious, irritable, temperamental, and moody.

We have to start not only understanding others but also to have an appreciation of ourselves with regards to personal strengths and weaknesses.

- *Discussion – can you describe your own personality and “Fencing Personality”*
  - *What are your personality Traits?*
  - *Can you then guess and figure out your “Fencing Personality”?*
  - *How much are your basic personality traits similar to your “Fencing Personality”?*

## **MOTIVATION**

↳ Motivation is the drive associated with personal values and needs that stimulate the fencer to specific activities to achieve a goal.

Positive motivation:

- is based upon a desirable or positive reward compensation

Negative motivation:

- is punitively based and has no value in the realm of achievement in athletic endeavor

GOALS:

Realistic goal setting is an excellent reinforcement mechanism to assist in the motivation of fencers. During both practice and actual tournament goals both short and long term should be in place for each fencer.

## **TACTICAL WHEEL**

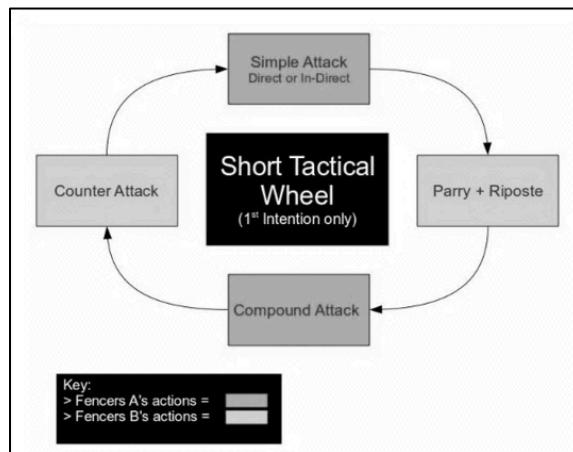
In fencing, the Tactical Wheel is a theory or philosophy that teaches that each tactic will defeat the one before it, and be defeated by the one following, if executed properly. Think of it as an endless game of Rock/Paper/Scissors – rock smashes scissors, scissors cut paper, paper covers rock, and so on. By assuming your opponent’s attack while planning yours, you can make your choice as to what moves you will use in the bout.

In other words, by assuming your opponent will present scissors, you can choose rock. If you see that he/she chose scissors twice in a row, you can then assume they’ll chose something else for the next round, and so on.

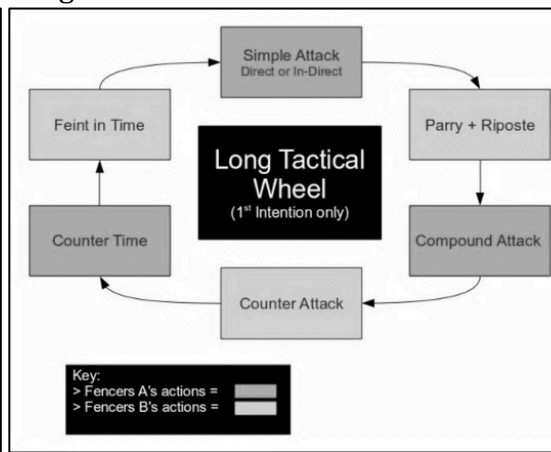
There are multiple versions of the Tactical Wheel:

- Short Tactical Wheel – first intention actions
  - First intention actions are those that the fencer intends to work without the unwitting help of the opponent
- Long Tactical Wheel – first intention actions
  - First intention actions are those that the fencer intends to work without the unwitting help of the opponent
- Short Tactical Wheel including second intention actions
- Long Tactical Wheel including second intention actions

## Short Tactical Wheel



## Long Tactical Wheel



This is how it works in fencing:

**Simple Attack** (an attack executed as one quick action) is defeated by:

**Parry and Riposte** (defending with the blade and/or distance, and then attacking), which is defeated by:

**Compound Attack** (an attack executed with multiple “feints” to close distance and draw out the final parry), which is defeated by:

**Counter Attack/Attack in Preparation** (a timed Simple Attack into the early, non-threatening phase of the Compound Attack), which is defeated by:

**Counter Time** (a feint or preparation used to draw the Counter Attack so the ATTACKER may then make Parry and Riposte), which is defeated by:

**Feint in Tempo** (a compound counter attack used to evade the Counter time), which is defeated by:

**Simple Attack** (the wheel has come full-circle).