

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.

2. PHYSICAL PREPARATION

Physical preparation includes participation in physical strength enhancing and stamina promoting activities such as running, bicycling, swimming, tennis, moderate weight room training; all being used as a background physical enhancement to fencing. The emphasis should be placed on activities that stress not only physical development but also good hand-eye and upper body-lower body coordination.

There are essentially three stages in seasonal physical preparation for any athlete:

1. Pre-season
 - a. Pre-season activities should increase fitness abilities such as: speed, strength, over all endurance, flexibility-agility, and power. It should also include review and further perfecting of basic physical fencing technique including both footwork and blade work. Also practical application of fencing actions as they apply to strategy and tactics should be a focus.
2. Competition season
3. Off season