

# Fencing Class Syllabus

Fall 2007, Second Class

Class will begin **exactly at 6:00 p.m.** so as to enjoy as much fencing as possible each night! ☺ Please be here at this time. If you arrive late, please run a few laps and stretch to get yourself warmed up before joining the class.

Clothing Requirements: **Track or sweat pants** (no shorts! jeans are safe, but not comfortable.) **T-shirt**, or other light-weight top. (You're going to be putting on a heavy cotton jacket.) **Shoes should be tennis, racquetball, indoor soccer** or similar shoes. (No sandals, crocs, heels, boots or dress shoes.) – **These requirements are all for your safety!**

## Mechanics of Fencing – Beginning Class (6 weeks)

**Foot Work:** advances, retreats, lunges, ballestras, fleches.

**Blade Work:** en garde, extension, lunge, parries, riposte, disengage, feints, beat, press.

**Strength Work:** legs, arm, fingers.

**Balance:** feet, back (posture), center of gravity, getting “stuck”.

How  
to  
Fence

<b>Beginning Lessons – Mechanics</b>					
<b>Tues, Oct 23</b>	<b>Thurs, Oct 25</b>	<b>Tues, Oct 30</b>	<b>Thurs, Nov 1</b>	<b>Tues, Nov 6</b>	<b>Thurs, Nov 8</b>
<b>Lesson 1:</b> Leg strength <ul style="list-style-type: none"> <li>• Advance</li> <li>• Retreat</li> </ul> Position work <ul style="list-style-type: none"> <li>• En garde</li> <li>• Extension</li> </ul> 1 <sup>st</sup> Demo	<b>Lesson 2:</b> Strength/balance Review <ul style="list-style-type: none"> <li>• En garde</li> <li>• Extension</li> </ul> Foot work <ul style="list-style-type: none"> <li>• Basic lunge</li> </ul>	<b>Lesson 3:</b> Weapon relay Foot work review <ul style="list-style-type: none"> <li>• Balance/flow</li> </ul> Glove lunge game	<b>Lesson 4:</b> Games – penny kick, wall lunge 2 <sup>nd</sup> Demo <ul style="list-style-type: none"> <li>• Choose weapon</li> </ul>	<b>Lesson 5:</b> Blade position Foot work <ul style="list-style-type: none"> <li>• Adv. lunge</li> <li>• Hit / distance</li> </ul> Equipment demo & explanations	<b>Lesson 6:</b> Blade work <ul style="list-style-type: none"> <li>• Parry</li> <li>• Riposte</li> </ul> Infinite riposte drill
<b>Tues, Nov 13</b>	<b>Thurs, Nov 15</b>	<b>Tues, Nov 27</b>	<b>Thurs, Nov 29</b>	<b>Tues, Dec 4</b>	<b>Thurs, Dec 6</b>
<b>Lesson 7:</b> One weapon drill Blade work <ul style="list-style-type: none"> <li>• Press (F)</li> <li>• Beat</li> </ul> Arm/leg exposure (E,S)	<b>Lesson 8:</b> Blade work <ul style="list-style-type: none"> <li>• Basic disengage (F,E)</li> <li>• Feints (S)</li> <li>• Finger strength</li> </ul>	<b>Lesson 9:</b> More disengaging (F,E) <ul style="list-style-type: none"> <li>• Timing</li> <li>• Accuracy</li> </ul> Right of way (F,S)	<b>Lesson 10:</b> More Riposte (F,S) Strategy – outthink your opponent  <i>First bout!</i>	<b>Lesson 11:</b> Foot work <ul style="list-style-type: none"> <li>• Fleche (F,E)</li> </ul> Disengage (F,E) <ul style="list-style-type: none"> <li>• Speed</li> </ul> Distance (S) Bout drills	<b>Lesson 12:</b> Foot work <ul style="list-style-type: none"> <li>• Ballestra</li> <li>• Redoublement (F,E)</li> </ul> Blade work <ul style="list-style-type: none"> <li>• Coupe (F,E)</li> </ul> Mechanics review  <i>Mini-tournament!</i>

<b>Key</b>	Foil - F	Epee - E	Sabre – S	All Weapons – <i>no letters</i>
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**After completing the class, fence with the club until the end of the semester to learn intermediate skills – no additional cost!**

## Concepts for Fencing – Intermediate Club

**Distance:** feet, blade, your distance vs. your opponent's.

**Right of Way:** point in line, hand/body moving forward, searching for the blade.

**Timing:** attack/counter, attack in preparation, simultaneous attacks, mid-step.

**Deception:** telegraphing, small motions, quick motions, repetition (habits), set-up.

**Tournaments:** fencing them, and winning them!

How  
to  
Fence  
**Well**

For tons of great fencing information and links visit the Fencing Club's website at:

**<http://www.colorado.edu/StudentGroups/FencingClub/>**

## Other Area Groups

### **Northern Colorado Fencers**

<http://www.ncfencers.org/>

Boulder

### **Colorado Fencing Academy**

<http://www.cofacademy.org/>

Arvada

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### **Denver Fencing Center**

<http://www.denverfencingcenter.com/>

Denver

### **Mile High Fencing Club**

<http://fencing.raffey.com/>

Lakewood

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### **South Denver Fencing Club**

<http://www.southdenverfencing.com/>

Centennial

### **University of Wyoming**

<http://uwadmnweb.uwyo.edu/Clubsports/main/fencing.asp>

Laramie

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### **Pikes Peak Fencing League**

<http://pikespeakfencing.com/>

Colorado Springs

### **University of Northern Colorado**

<http://www.unco.edu/fencing/>

Greeley

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### **US Fencing Colorado Division**

<http://www.colodivfencing.org/>

### **US Fencing Rocky Mountain Section**

<http://www.rms-usfa.org/>

## Useful Web Sites

### **Fencing.Net**

<http://www.fencing.net/>

News, articles, equipment store, web forum

### **US Fencing Association**

<http://www.usfencing.org/>

Membership info, North American Cup, etc

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### **Fencing Officials Commission**

<http://www.fencingofficials.org/>

Rules, referee training info, etc

### **AskFRED**

<http://askfred.net/>

Online tournament registration

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### **Absolute Fencing Gear**

<http://www.absolutefencinggear.com/>

### **Blue Gauntlet Fencing Gear**

<http://www.blue-gauntlet.com/>

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### **Leon Paul**

<http://www.leonpaulusa.com/>

## And of course...

As mentioned on the front of the syllabus, our web site is at:

**<http://www.colorado.edu/StudentGroups/FencingClub/>**

We've got a complete season calendar for Colorado, photos, club member results, more links, and lots of useful information for CU fencers.