

# FENCING FOR BEGINNERS

Gym Hall 3

Wednesday 27th July: 16.30 - 17.30

## MATERIAL NEEDED

- ±20 CONES, 20 POOLNOODLES OR FOAM SWORDS.

## LESSON GOAL:

1. Inform participant about the way I teach students Fencing. From games to school sports..
2. All workshops are to be fun and open for every skill level.

## ACTIVITIES FOR INJURED PARTICIPANTS

- Assisting peers / me
- Referee
- Observing and taking notes

## TIME SCHEDULE

<b>-10 - 0</b>	<b>WELCOM PARTICIPANTS, SET UP PLAYING FIELDS</b>
<b>0 - 10</b>	<b>BRIEFING</b> <ul style="list-style-type: none"><li>- GOAL OF THE LESSON</li><li>- SAFETY FIRST - - &gt; FENCING IS A MARTIAL ART</li><li>- STOP = STOP</li></ul> <b>CHECK IN : WHO ARE YOU/WHAT DO YOU HOPE TO GET OUT OF THIS WORKSHOP/ WHAT DO YOU ALREADY KNOW</b>
<b>10-20</b>	<b>W-UP:</b> Tag Free for all Last man standing
<b>20-30</b>	<b>TAG TEAM FENCING</b> black knight by burners games
<b>30-50</b>	#1 Technique Stance / Moving / Lunging  # 2 Games (point - stop) proper commands (En-Garde, Pret, Allez)
<b>50 - 60</b>	<b>CHECK OUT</b> <ul style="list-style-type: none"><li>- KEY TAKE AWAY</li><li>- ANNOUNCEMENT OF OTHER CLASSES</li><li>- COMPLIMENT AND THANK PARTICIPANTS</li></ul>

## WARMING UP:

### GAME 1:

- 2 students at taggers, they run around in the field. They can hit a runner with a "sword" only on the arms and legs. If a runner is hit they go outside the field and do exercises (jumping jacks, push ups e.g.)

### Game 2:

- Every player has an "sword" and every body plays against each other. They can hit each other only on the arms and legs. If a player is hit they go outside the field and do exercises (jumping jacks, push ups e.g.)
- Variation: Last men standing. You have 4 lives, If you are hit on a limb that limb (arm/leg), and 1 life, is "gone" and you play on. If your lives are all gone you are out of the game. Last 3 (or 5) players standing are the winners.

## TAG TEAM FENCING:

- Set up square with cones
- Make couples and find an other couple to fight against
- number 1 starts if they lose their 4 lives number 2 wil take over.
- The couple has won is the opponent has lost al their 8 lives.

### Rules of tag team fencing:

- Stay in the lines, is you are out of the field, even with one foot, you reset to the starting position.
- You have 4 lives, per team 8, If you are hit on a limb that limb, and 1 life, is "gone" and you play on. If your lives are all gone you are out of the game. Last 3 (or 5) players standing are the winners.
- If you hit each other at the same time, then the point doesn't count.
- ONLY HIT ON THE LIMBS

**Tag team fencing ++ :** If the student understand this, than you set up a rectangle and play the game in a line (forward and backward) like with regular fencing. But keep using the tag team rules.

## POINT STOP FENCING:

Make a fencing field, by creating long rectangular lanes. Students make couples per lane, and get a sword per person.

### Excercise 1: Stance and walking

- Teach the students a proper fencing stance. (small silhouette)
- Teach them walking like a fencer (making stance bigger and than smaller, like boxing)
- Teach them to lunge like a badminton player. (to make more reach)

### Practice Stance & Walking

### Excercise 2: Commands, Points & Rules

Use an injured student or make groups of 3 students. To have a referee.

- Teach them the commands
  - En-Garde = Salute and asume fighting stance
  - Pret = get ready
  - Allez = Go/Attack
- Teach students how to make points
  - Striking the body and limbs
  - (add thrusting if you think your students can)

- Stay in the lines for safety. Out of bounds = STOP and reset to start position
- Hit at the same time = STOP and reset to start position
- If a Point is made = STOP and reset to start position

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Additional information:

Difference is type of sword, grip , used technique and target:

- Saber = egged blade / french grip / used for cutting / target = everything above the waist.
- Epee = stiffer than foil and triangular in shape / orthopaedic grip / used for thrusting / target = whole body
- Foil = lights sword / used for thrusting / target = torso only

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**MORE INFORMATION:**

<https://www.myactivesg.com/Sports/Fencing/How-To-Play/Fencing-for-Beginners>