



28th September 2012

Dear Parents/Carers,

6 week Fencing Course, open to all students, starting 6th November

We are very excited to offer our students a 6 week Fencing course.

Fencing is a form of sword fighting, in which the object is to touch your opponent with the tip of the sword. The person with the most hits is the winner. Fencers are well covered with protective clothing so no-one gets injured. Electrical equipment is used to find out when a hit has been scored. Wires run through the swords so that when a touch is made with one of the jackets, a buzzer goes off. A fencing match is made up of fights or 'bouts' which can last up to 15 minutes. During that time each fencer must attempt to score different numbers of 'hits' on their opponent. Bouts take place on an area called the 'piste' which is 14m long by 2m wide.



This will be run by Huntingdon Fencing Club and will start on Tuesday 6th November. Each session will be in the school gym and will run from 3:45-5:45pm. The final session will be on 11th December. All equipment will be provided. Students will be required to wear a t-shirt and long trousers (jeans are ideal).

Over the course of the 6 weeks students will learn a basic introduction to the history of fencing, the different types of weapons used, footwork skills, basic attack and defence manoeuvres and will participate in competitive fights. Attached is a much more detailed description of the areas that will be covered each week, along with more details on the coaches and fencing in general.

The course will cost a total of **£10** per student and if your child would like to take part, please fill in the attached permission slip and return it to Mrs Olsen, in the Clubs and Activities office in Middle School along with a cheque for £10 made payable to Huntingdon Fencing Club. Places are limited to 20 and will be offered on a first-come, first-served basis.

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May I please also ask you to read the safety rules and code of practice attached and discuss it with your child. Safety is an extremely important element of the course and it is important the students understand what our expectations are.

If you have any further questions, please do not hesitate to contact me, Carole Olsen, on 01480 420529 or eco@hinchbk.cambs.sch.uk .

Yours sincerely,

Carole Olsen
Extended Services Co-ordinator

Fencing Course permission slip

For the attention of Mrs Carole Olsen, Extended Services Co-ordinator.

I give permission for my son/daughter to attend the 6 week fencing course starting on 6th November 2012.

Student name: _____ Student form: _____

Any medical conditions/allergies of which we should be aware:

Emergency contact details for the period of the club: _____

Parent name: _____ Parent signature: _____

Date: _____

I enclose a cheque for £10.00, made payable to Huntingdon Fencing Club.

Please supply the following information to allow us to bring the correct equipment for your child:

Age:

Male/female:

Right/left handed:

Chest size in inches:

HINCHINGBROOKE SCHOOL 6 WEEK FENCING BEGINNERS FOIL COURSE RUN BY HUNTINGDONSHIRE FENCING CLUB COACHES

WHAT DO WE HOPE TO LEARN & ACHIEVE

Fencing is a fast, exciting and athletic sport, like "active chess" and keeps both body and mind fit! In learning the skills of attacking and defending with either the Foil, Epee or Sabre, fencers develop good co-ordination, balance and flexibility which makes fencing training an ideal means of keeping fit for all ages and abilities.

Fencing is a combat sport and therefore has a number of basic abilities common to the majority of combat sports. All of these will be enhanced through the sport of fencing.

1. A good sense of balance.
2. A good judgment of distance.
3. Good eye, hand & foot co-ordination.
4. A good sense of timing.

In addition, general fitness will be improved as fast and explosive foot work is very much a skill you require in becoming a good fencer.

Fencing will also keep your mind fit. To study your opponents game and work out their strengths & weaknesses. To apply & modify your game to take advantage of what you are learning as you are fighting. Working out several moves ahead, to set traps for your opponent. All of this is where fencing has got the nick name of high speed chess.

The modern Olympic sport requires fencers to be the fittest of athletes and have levels of skills which require many hours of dedicated training.

The main hope is that students will enjoy and have fun in the sport of fencing.

How do we start?

Each session will start with a general warm up which will include fencing foot work. (Once known).

Safety will always be stressed at each session.

Week 1

- General introduction to fencing and the weapons.
- Introduction to the foil, its target area, point only weapon, its conventions (rules).
- To hit and not be hit is the ideal situation to achieve in fencing.
- How to hold the foil.
- The on Guard position, this is our home base where most actions start from, where we go to when in trouble.
- Fencing etiquette, the salute and handshake (the latter always with the non sword hand)
- Moving forward and backwards in a balanced fighting position.
- Changing the cadence & distance of footwork actions.
- The hit & pressure require in hitting.
- The hit at different distances. Arm distance & stepping in to hit.
- Normal distance in foil fencing between opponents.
- The 1st attack we learn – The direct thrust using the lunge as the footwork action to take the attack to the target area.
- Practice of the lunge & recovery. This footwork action is used in over 75% of all attacks at foil.
- In pairs to find out what it is like to hit and be hit.
- Add a step in front of the lunge, so an attack can start from out of distance.
- How do we defend ourselves
- To learn our first parry. Lateral parries of sixte & quarte.

Week 2

- Footwork practice
- Recap of week 1
- What follows a successful parry – The riposte
- Look at the correct finishing position of the parry of quarte and how the direct riposte is launched and completed with a successful hit on target.
- Practice attacks, parries & ripostes in pairs.
- Talk about & discuss the rule of “Right of way or priority” and how it affects all our actions in foil. Definition of an attack according to the rule book, when & how does the attack start and finish/end.
- Look at the 4 simple attacks.
- 1. Direct thrust – Direct action
- 2. The disengage – indirect action
- 3. The cut over – indirect action
- 4. The counter disengage – indirect action
- The importance of finger work, manipulation of the sword, small sword actions mean fast actions, more difficult for your opponent to see & react to.
- Defending against attacks & ripostes.
- Counter riposte following the successful parry of a riposte.
- To end with the First Fight.

Week 3

- Footwork practice
- Recap of all actions so far covered.
- Other types of parries
- Semi circular parries of octave & septime
- Circular parries of sixte & quarte
- Direct ripostes following above parries.
- When your attacks fail, what is the next option – compound attacks.
- Definition of a compound attack
- Types of simple compound attacks
- Practice of accelerating lunge which is needed for compound attacks.
- With above practice the straight thrust-disengage compound attack.
- End with several fights.

Week 4

- Footwork practice.
- Recap of all actions so far covered.
- More work on accelerating lunge and compound attacks.
- Other types of compound attacks – One-Two, Double, High-low, low-high
- Ripostes – Indirect & compound.
- End with several fights.

Week 5

- Footwork practice.
- Recap of all actions covered.
- How do we defeat compound attacks – successive parries – definition.
- Look at and practice successive parry – quarte-counter quarte, quarte-sixte lateral, circular sixte-quarte.
- Discuss tactics - use of simple and compound actions, use of footwork, changing parries. Laying traps.
- Attacks on the blade, beat, pressure, graze/coule. To clear the way or create a reaction.
- Finish with fights.

Week 6

A competition for all the students using full electric scoring equipment.
We will need a minimum of 3 hours to complete, depending on numbers.

It is hoped that we will be able to cover all of above but much depends on how students progress and of course the time factor.

What`s next ????????

<http://www.huntsfencingclub.co.uk>

HFC Coaches – Mike Ellis and Ivan Ward.

Both are British Fencing Association (The national body for fencing in the UK) qualified coaches/instructors.

Mike started fencing at school, then clubs in London, Essex & now Cambs. He has been fencing for over 50 years and a qualified coach for the last 20. He is qualified in all three weapons, foil, epee & sabre. He is also a qualified referee and goes to many of the large open competitions around the country refereeing at foil & epee.

Ivan started fencing in 1978 and has been a competitive fencer for many years, mainly at epee where he has many medals to his credit. It is only this year that he has retired from competitive fencing. He is a qualified coach in foil & epee, as well as a qualified referee in the same two weapons.

HINCHINGBROOKE SCHOOL 6 WEEK FENCING BEGINNERS COURSE RUN BY HUNTINGDONSHIRE FENCING CLUB.

SAFETY RULES & CODE OF PRACTICE

- 1) For all fencing activities (fencing, practicing, demonstrations, lessons or any activity using a sword) must comply with the following.
Participants **MUST** be wearing as a minimum:-
 - Mask
 - Under jacket plastron – strength 350 Newtons
 - Full body jacket - 350 Newtons (women in addition to have breast protectors fitted in Jacket)
 - Glove with gauntlet covering half way to elbow.
 - Legs must be covered, pockets/openings should be zipped or taped closed.
 - Good gym shoes/trainers to give grip on sports hall floor.
- 2) Always check your equipment (or the equipment you use) on a regular basis for wear and tear. **Do NOT** use damaged and/or worn equipment. Broken or damaged equipment must be reported to a coach immediately.
- 3) **Swords, these MUST always to be carried with the point down and close to the ground (except when fencing).**
This also applies when getting out & putting away equipment.
When just standing talking or listening, holding the sword by the handle put the point on your foot, which must be on the floor.
- 4) General Behaviour:
 - No running in the hall while fencing is in progress.
 - No inappropriate behaviour or behaviour that endangers yourself or others.
 - Keep well away from the fencing action unless you are refereeing.
 - If you are refereeing, be aware of action on other pistes near you.
 - Use your common sense
 - Not complying with any of the above could lead to exclusion.

- 5) **Code of Practice for students**
- A) All students must play within the rules and respect officials and their decisions.
 - B) All students must respect the rights, dignity and worth of all participants regardless of age, ability, gender, race, ethnicity, religious belief, sexuality or social/economic status.
 - C) Students must not indulge in inappropriate or any bullying behaviour.
 - D) The sessions are committed to everyone having the right to enjoy their sport in an environment free from threat of intimidation, harassment and abuse.
 - E) All students have a responsibility to oppose discriminatory behaviour and promote equality of opportunity.
 - F) The school/coaches will deal with any incidence of discriminatory behaviour seriously.
- 6) **Code of Practice for parents/carers**
- A) Encourage your child to learn the rules and play within them.
 - B) Discourage unfair play and arguing with officials.
 - C) Help your child to recognise good performance, not just results.
 - D) Never force your child to take part in sport.
 - E) Set a good example by recognising fair play and applauding good performances of all.
 - F) Never punish or belittle a child for losing or making mistakes.
 - G) Publicly accept officials' judgments.
 - H) Support your child's involvement and help them to enjoy their sport.
 - I) Use correct and proper language at all times.
 - J) Encourage and guide participants to accept responsibility for their own performance and behaviour.
- 7) **Code of Practice for Coaches, officials & volunteers.**
- A) Rights- We must respect & champion the rights of every individual to participate in sport.
 - B) Relationships – We must develop a relationship with athletes (and others) based on honesty, mutual trust & respect.
 - C) Responsibilities – Personal standards, We must demonstrate proper personal behaviour & conduct at all times.
 - D) Responsibilities – Professional standards, to maximise the benefits & minimise the risk to athletes, coaches must attain a high level of competence by attaining qualifications & through a commitment to ongoing training that ensures safe & correct practice.
 - E) Coaches wherever humanly possible must champion Equal Rights, Equality & Equity within the club and their coaching.