

W Fencing Coaching Clinic
Rochester FC
November 13-14, 2021

Saturday

1:00 1:15 Introduction

- **General considerations in developing:**

Teaching skills: Using principles from motor learning, biomechanics, and Applied anatomy. Using analogies such as music. Giving useful feedback, which must be accurate, timely, and brief.

Series of lessons:

-Selecting one idea and creating a lesson. Simple vocabulary can be developed into sophisticated execution. Disengages will be talked about later as one example.

-Simulating bouting conditions during a lesson.

i.e. Coach sometimes randomly attacks or counter attacks.

-Cueing should be definitive, consistently the same, and realistic.

Student must react exactly on time, as she would if she were watching for an opening in a bout. ie for parries, coach should really attack, not just raise tip of foil. This forces the student to execute the parry from correct distance and at a chosen time (early or late). Provides a context for the action, even if just working on technique.

- **Essential elements of the game:**

Distance control. Specific to each tactic and opponent.

Tempo control. Variations in speed and rhythm. Change is crucial.

Technical excellence is antecedent to tactical freedom. Student should be disciplined in execution and feel as though he/she owns the weapon. Being a

Being a good fencer is not necessarily the same as being a good competitor. For most fencers, competitive skills need to be taught.

1:15-1:45 Footwork as a tactical element

Emphasis on pushing w/back foot for advance, front foot for retreat

Small steps, tempo changes, direction changes, balance

Emphasis on correct hip and trunk position

Appelles, balestra advance, fleches

Tactical footwork patterns. i.e. for prep/attack: balestra adv, ½ step, adv, lunge

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Handout – Tempo Changes on Defense

2:00 2:30 Teaching disengages

Disengages, using:

Feint/D

Feint/1-2

Feint 4/drop low inside
upticks on feint

Feint 4/D high outside, low

Essential elements:

Deep penetration

Continuity of movement (not feint,
then disengage)

Tempo changes

Sequencing of arm extension and feet

Acceleration at appropriate moment

2:30-3:00 Over the blade preparations

Advantages

Feels like a hover craft

Correct execution

Options for attack depending upon opponent's response

Other off the blade attacks

Low tip, options as above

Low tip, finish over blade to flank

Lightly raise tip, go straight, coupe to flank (later – disengage and flick to flank)

3:00-3:15 Single tempo actions

Direct attack

Disengage (no feint)

Coupe

Essential elements: Footwork to create perfect distance for execution and surprise.

Even if opponent knows the action which is coming, when it happens should be unknown.

Fast close in

4:00-6:00 Dinner Break

6:00-6:45 Developing 2nd intention attacks

False attack (realistic)

**Counter riposte (Coach parries and ripostes)
C steps back. Reprise (such as beat 7 and flick to shoulder or flank)**

3

Attack in preparation (step in, or get away close). C gets away, then prepares with low blade, hit close 4. C prepares with tip high, disengage hit close 6.

Essential elements are footwork patterns:

On false attack

Half step, advance lunge

Ballestra advance, lunge

Slow fast

On second action

Fast retreat, lunge or advance lunge

6:45-7:15 On the blade actions

Binds, engagements, and beats

Advantages:

For shorter fencers, getting into distance while controlling right of way.

Controlling the blade with binds for close outs, or to encourage opponent to disengage (sets up parry riposte).

Blade should precede the foot.

On engagements, amount of pressure on the blade is important.

Use for ripostes. Bind from 4 to 8, 6 to 7.

7:15-7:45

Controlled Bouting

Attacker may only move forward. Defender may remain stationary, or move backward, and tries to parry. Attacker must hit on off the blade action. No blade contact.

7:45-8:00

Jen: Controlling the internal environment. Mental preparation.

SUNDAY

9:30-10:00 Conditioning warm-ups

General warm-ups – static vs dynamic

Fencing specific conditioning (fencers' comment about being athletes)

Anaerobic foot work (handout)

10:00-10:30

Controlled bouting

Have participants free fence. Stop bout, ask score, ask for a touch by touch description, and a suggestion for the next action.

10:30-10:50

Value of simple drills

Technical aspects of engagement, speed of extension, change of tempo.

“You Start Drill”

10:50-11:30

Controlled bouting

Setting up and using actions from previous drills. Fence 5 touch bout: must hit on 2 attacks, two ripostes, and one counter attack (or some other combination).

Fence 5 touch bout. Lose one touch for each off-target.

11:30-12:00 Flick drills

6 to shoulder

All lines to flank (from 4, go under blade)

7 to chest

12:00-2:00 LUNCH BREAK

2:00-2:45 Attacks in preparation

Beat attack in preparation

Feint disengage in preparation

Use different preps: low, tip lifted, wide 4, over the blade in 6.

Hit get away

Distance must be really wide, since both fencers are moving forward.

2:45-3:15 **Varied parries (less predictable)**
Repeat parries (4/4, 6/6, 7/7, 8/8)
High low parries (4/7, 6/8)

5

Parry 6, yield to prime; parry 4, bind to 8; parry 6, bind to 7.

3:15-3:45 **Infighting**
Wide angulation

3:45-4:00 **Conclusion**
Important to know how fencer learns most easily visually, through delineated explanations, etc.), and what the personal characteristics are. Don't all have to be clones of each other.

Finding one error which precipitates the others.

Relationship with refs.

Sharing with each other.