NCDP Level 4 Core Clinic: Southeast Foil and Epee Clinic

August 15-16, 2026

COACH DEVELOPER

Darius Wei, Fencing Master, USFCA #599
336-525-6263
dariuswei@gmail.com

LOCATION

Greensboro Fencing Academy

2001 E Wendover Ave, Greensboro NC 27405

CLINIC MEETING TIMES

Saturday August 15 & Sunday August 16
9am-5pm, 2 one hour breaks/day

CONTINUING EDUCATION HOURS

12

COST

$225 for USFCA Members

$325 for non-USFCA Members

$100 Students

WORKSHOP DESCRIPTION

This NCDP clinic is designed to use a structured, hands-on format to teach advanced coaching skills at the Level 4 Prevot level in Foil & Épée. It aligns with the Level 4 Core Curriculum for USFCA examinations, featuring an interactive curriculum covering foundational coaching theories, functional warm-ups, progressive footwork, and structured lesson delivery.

The focus of this clinic is to develop skills for giving individual competitive lessons in foil and epee. Coaches will learn to modify the difficulty of their lessons to progress athletes from beginner to advanced levels. More importantly, coaches will learn techniques and processes for self-evaluation and progression, allowing them to grow along with their athletes.

STUDENT-CENTERED LEARNING OUTCOMES

By the end of the clinic, Coaches in Training will be able to:

- Understand and apply appropriate preparations for offensive, defensive, and counteroffensive actions in foil and epee
- Identify and create scaled challenges for athletes
- Identify and provide opportunities for athletes to act autonomously
- Identify and prioritize traits for improvement of coaching skills

Each module (Part 1-4) will have a formative assessment done on CIT by a CD.

CLINIC SCHEDULE

Day 1: Saturday August 15

Module 1

- Model Discussion: Information Processing vs Ecological

LUNCH

Module 2

- Temporal Structure of a Touch (Preparation / Initiation / Touch / Resolution)

Day 2: Sunday August 16

Module 3

- Preparing an Action (Creating the Conditions for a Touch to Occur)
- Decision Style: Foreseen, Unforeseen, Open Eyes
    - Repetition-Without-Repetition
    - Change of Decision
- Language and Feedback Methods

LUNCH

Module 4

- Athlete Autonomy:
    - Choose the appropriate distance/time
    - Choose the action (simple v compound) or (defense vs counterattack)
    - Vary the action capacity (fast parry vs holding parry vs release)
- 4-5pm: Self-Analysis / Reflections / Improvement Pathways

EQUIPMENT NEEDED

Coaches are expected to attend the clinic fully equipped to give an individual lesson. (coach jacket, mask, glove, weapons, etc) Some loaner equipment may be available. Please inquire with the clinic organizers.

RECOMMENDED READING MATERIAL

- Foil Technique and Terminology by Jean Jaques Gillet

DIVERSITY, INCLUSIVITY, AND ACCESSIBILITY STATEMENT

This USFCA Coaches Clinic is committed to diversity, inclusivity, and accessibility espoused by the USFCA. Specifically, students from diverse backgrounds and perspectives will be welcomed and served by this Academy. Students' learning needs will be addressed both in and out of class, and diversity that the students bring to this class be viewed as a resource, strength, and benefit. It is our intent to present materials and activities that are respectful of diversity: gender identity, sexuality, disability, age, socioeconomic status, ethnicity, race, nationality, religion, and culture. Presentations will be accessible to individuals with mobility disabilities and will mitigate the effects of other disabilities that might present a barrier to attendees.