

FOUNDATIONS OF GROUP TEACHING FOR FENCING
USFCA
NCDP CORE COURSE

INSTRUCTORS

Vinnie Bradford, OLY, Maître d'Arms
Mark Masters, Maître d'Arms
Dan Gorman, Prévôt d'Armes

2 CONTINUING EDUCATION HOURS

Sunday, March 10th 2:00 pm - 4:00 pm CST

LOCATION

This is an online course. Registrants will be emailed a zoom link 15 minutes prior to the start of the class.

ATTENDANCE

Participants are expected to login on time and stay for the entire session. Those coaches in training (CITs) who wish to use this course for their NCDP certification requirements must also complete the formative assignment, and submit the assessment to the course instructors for review and feedback.

COST

USFCA member \$50
Non-member \$75

HOW TO REGISTER

Register on the USFCA Website for clinic #127

EQUIPMENT NEEDED

Coach in training (CIT) must be able to access the internet to take this course. No fencing equipment needed to take this course.

COURSE DESCRIPTION

This course is designed to introduce the foundations of group teaching for fencing to the Assistant Moniteur and Moniteur level candidate, however every level of coach is welcome and can learn or be refreshed. The Coaches in Training (CITs) will learn about the three parts to a group lesson (warm-up, main part, conclusion). They will learn the basics of a warm-up and will be given resources to help design preparatory exercises, dynamic stretching, games, etc. and to relate a portion of the warm-up to the main lesson. CITs will be introduced to the EDGCC concept (explain, demonstrate, guide, correct, critique) and will learn how to develop a learning progression by utilizing EDGCC together with preparatory exercises and technical and tactical paired drills. CITs will also learn different ways to conduct the conclusion of a group class and if participating in the NCDP certification pipeline CITs will need to submit a group lesson plan as the formative assessment.

Each level of the NCDP certification pipeline requires 'X' hours of "General Knowledge

Coursework". This course fulfills two hours (of the four or more required) and can be applied to the General Knowledge Coursework requirements at all levels of certification. However, this course is particularly relevant at the Assistant Moniteur and Moniteur levels.

COURSE LEARNING OUTCOMES

Coach in Training will:

1. Be able to utilize the EDGCC concept when teaching a group lesson
2. Be able to recognize Preparatory, Technical, Exchange, Bouting, and Commitment/Analysis Drills *
3. Be able to design a complete group lesson plan for a simple one tempo action. The lesson plan must include technical and exchange drills.

COURSE OUTLINE

1. EDGCC
 - How to utilize EDGCC for clear communication when teaching a fencing action (Explain, Demonstrate, Guide, Correct)
2. Basics of the Group Lesson Plan
 - Three parts to the lesson
 - Warm-up (Introduction and review)
 - Main lesson (learn new or reinforce previously learned material)
 - Cool-down (conclusion, questions, clean-up)
3. Digging Deeper into the Group Warm-up
 - How to design a quick 10 minute group warm-up (include dynamic stretching)
 - How to use Preparatory Exercises/Drills to introduce fencing actions in the warm-up
 - Preparatory footwork and fingerwork drills
 - Using props (mirror, video, 3x5 card, small ball under elbow, etc.)
 - Playing games
4. Types of Drills
 - Technical paired drills
 - Exchange paired drills
 - Bouting paired drills
 - Analysis-commitment paired drills
6. Creating a progression for one tempo foundational fencing actions using Technical and Exchange Drills
 - How to create a progression using technical drills
 - How to create a progression using exchange drills

7. Conclusion

- Questions and Review
- Salute

Formative Assessment

- Design a complete lesson plan for one of the topics listed below.
 - The lesson plan includes the three parts (warm-up, main lesson, conclusion).
 - The warm-up will contain some relationship to the main lesson.
 - The main lesson will include a learning progression for a simple one tempo action using technical and exchange drills.
- Select from the list of topics below
 1. Simple Attack (direct or indirect)
 2. Parry riposte (any of the four supinated parries and with a simple riposte)
 3. Simple counter-attack, Epee only (direct or indirect)

SUGGESTED READING MATERIALS

1. *Fencing and the Master* by Laszlo Szabo
2. *Understanding Fencing* by Zbigniew Czajkowski
3. *Taking Foil Groups to the Competitive Level* by Vinnie Bradford and Darrell Williams
4. *Fencing Foil:* by Rob Handelman and Connie Louie
5. *The Big Book of Fencing:* by Rudy Volkmann

STATEMENT OF INCLUSIVITY AND ACCESSIBILITY:

This workshop is committed to serving students from diverse backgrounds and perspectives. The diversity that the students bring to this workshop are viewed as a resource, strength and benefit. Materials and activities presented will be respectful of diversity: gender identity, sexuality, disability, age, socioeconomic status, ethnicity, race, nationality, religion, and culture.