



High Performance Coaches Workshop

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Clinic Description: Tactical Fencing Culture

A shared culture of the practice of the sword is key to reach high-performance. This culture is built around the understanding of the competitive situation, the scientific knowledge, the experiential knowledge and the skills that we have acquired throughout our practice as a fencer, whether as a competitor and/or as a coach.

Its transmission must not lock the individual into a closed, even dogmatic culture. On the contrary, this culture must be open, thus favoring the responsibility of the fencer in his strategic and tactical choices during the combat.

Student-centered outcomes:

This workshop will aim to reflect on the transmission of a culture of performance in the fencing practice by focusing on two themes:

- The performance project: Exchanges and Sharing around an understanding of the epee combat situation,
 - Understand the technical and tactical/strategic elements to better act during combat.
- Implementation Through: Individual Lesson

Clinic schedule:

Saturday, August 5, 2023

9:00-9:15 AM	Introduction to the Course
9:15-10:00 AM	The Combat Situation
10:00-10:15 AM	Break
10:15 AM-12:00 PM	Individual Lesson – The Fundamentals
12:00 -1:30 PM	Lunch Break
1:30-3:00 PM	Individual Lesson - Training the Combat Situation
3:00-3:15 PM	Break
3:15-5:30 PM	Individual Lesson-Training the Combat Situation. The Fundamentals
5:30-7:00 PM	Dinner Break
7:00-8:30 PM	The Match-Managing the ratio of power during a bout.



Clinic Schedule, (continued):

Sunday, August 6, 2023

8:00-9:00 AM	Preparation of the touch action
9:00-10:30 AM	The Individual Lesson - Training the Combat Situation
10:30-10:45 AM	Break
10:45 AM-12:00 PM	The Individual Lesson. The Fundamentals
12:00-1:30PM	Lunch Break
1:30-2:45 PM	The Individual Lesson - The Fundamentals
2:45-3:00 PM	Break
3:00-4:00 PM	The Individual Lesson - Training the Combat Situation
4:00-5:00 PM	Conclusion of Course

Materials

Required:

- Coaches are expected to attend the clinic fully equipped to give an individual lesson (coach jacket, mask, glove, weapons, etc.)
- A notebook and pen will be provided

Inclusivity and Accessibility statement:

This clinic is committed to following the commitment to inclusivity and accessibility espoused by the USFCA. Specifically, students from diverse backgrounds and perspectives will be welcomed and served by this course, 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 my 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.