



US Fencing Coaches Association

National Coaching Development Program

Level 3B (Defensive) In-Person Clinic Syllabus

Clinic Description

This in-person clinic is part of the National Coaching Development Program (NCDP) of the United States Fencing Coaches Association. It covers developmental principles and mechanics of instructing fencing utilizing the Explain, Demonstrate, Guide, Correct, Critique (EDGCC) process and is a component of a USFCA Level 3 Coaching Certification.
(Additional clinic-specific information below)

Weapon(s) Focus

Epee Foil Sabre

Clinic Location

Name Club or Institution Hosting _____

Address _____

Phone Number _____

Clinic Dates

Clinic Meeting Times (be specific)



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Coach Developers(s)

	Coach Developer 1	Coach Developer 2	Coach Developer 3
Name			
Email			
Phone #			
Weapon Responsibility			
Certification Level			

Additional Coach Developer Information (if necessary)

USFCA Continuing Education Hours

This clinic gives 12 hours continuing education and is part of the USFCA NCDP Program for Level 2.

Cost

Regular Price: \$325.

USFCA member discounted price: \$225

Equipment needed

Coaches-in-Training should bring full fencing equipment (jacket, knickers, plastron, mask, glove and weapon), general athletic training gear, a notebook, and writing tools.

Lodging Information



Learning Objectives and Course Outline

Coach-in-Training will learn to:

1. Instruct fencers using the “**Explain, Demonstrate, Guide, Correct, Critique**” progression at the developmental level.
2. Instruct fencers in developmental footwork.
3. Instruct fencers to make 1st intention defensive actions in one tempo distance.
4. Instruct fencers to make 1st intention counter-offensive actions in one tempo distance
5. **Explain and Demonstrate Tactical Components**

1. The Coach-in-Training will learn to instruct fencers using the “**Explain, Demonstrate, Guide, Correct, Critique**” progression at the developmental level.
 - a. EDGCC Developmental Level Principles

Focus on clear explanations and demonstrations of fencing actions to build technical competency.
Demonstrate and Guide movement at one tempo distance to make a 1st intention action.
Demonstrate, Guide and Correct actions at the beginning or end of a tempo.
Guide actions on the coach or training partner’s initiation with occasional fencer controlled movement.
Correct by holding the hit on target until the coach or training partner releases and is ready for a follow up action.
Correct simple errors of mechanics and distance.
Explain and Demonstrate foundational tactical components.

- b. EDGCC Developmental Level Mechanics - see *Coach Developer’s Guide*



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2. The Coach-in-Training will learn to instruct fencers in developmental footwork.

How to vary the size and speed of footwork in order to keep the distance to make one tempo defensive actions.
Footwork of different size and speed for defense
Combinations of footwork actions useful for defense
Variety of recovery mechanics out of the lunge
Awareness of position on the strip
Keeping the fencing line

3. The Coach-in-Training will learn to instruct fencers in 1st intention defensive actions in one tempo distance

a. Developmental blade control actions from engagement

Foil	Sabre	Epee
Review engagements in 6, 4, 7, 8 as a teaching tool for hand position	Review engagements in 3 and 4 as a teaching tool for hand position	Review engagements in 6, 4, 7, 8 as a teaching tool for hand position
Engagement and change of engagement (with circle) in 6, 4, 7, and 8	Engagement and change of engagement (with circle) in 3, 4, 5*, and 2 (*cementing the parry position)	Engagement and change of engagement (with circle) in 6, 4, 7, and 8
Multiple Engagement as a teaching tool for hand position to develop parries and preparations	Multiple Engagement as a teaching tool for hand position to develop parries and preparations	Multiple Engagement as a teaching tool for hand position to develop parries and preparations
	Recognition of different target depths (advanced = wrist, deep = body/head)	Recognition of different target depths (advanced = wrist and foot, mid = elbow/upper arm and thigh, deep = body)



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b. Defensive Lines and mechanics

Difference between the different types of parries/blade actions based upon intensity of blade meeting (light, medium, strong) and what is most effective for the weapon.		
Foil	Sabre	Epee
Hand Positions: Supinated (4,6,7,8) and pronated (1,2,3,5)	Hand Positions: Basic (3,4,5) and Advanced (1,2)	Hand Positions: Supinated (4,6,7,8) and pronated (1,2,3,5)
Defending with Distance (Extension vs Lunge distances)	Defending with Distance (Extension vs Lunge multiple distances)	Defending with Distance (Extension vs Lunge multiple distances)
Lateral, diagonal, semi-circular and circle parries (6,4,7,8)	Lateral, diagonal, semi-circular and circle parries (3,4,5,2)	Lateral, diagonal, semi-circular and circle parries (6,4,7,8)
Direct and indirect riposte from 6,4,7,8 parries to appropriate targets (<i>high inside target, low inside target, high outside target, low inside target; direct thrust, simple disengage and coupé as appropriate</i>)	Direct and indirect riposte from 3,4,5,2 parries to deep targets (<i>Cut to Head, Flank, Chest, Point thrust to Chest; direct cut and thrust, simple disengage and coupé with cut, simple disengage with thrust as appropriate</i>)	Direct and indirect riposte from 6,4,7,8 parries to deep targets (<i>high inside target, low inside target, high outside target, low inside target; direct thrust and simple disengage with thrust as appropriate</i>)
Counter-riposte from all appropriate parries	Counter-riposte from all appropriate parries	Riposte with opposition from 6,4,7,8 parries to advanced and middle targets
		Remise after riposte (same target, different target, and different depths as appropriate)

4. The Coach-in-Training will learn to instruct fencers in 1st intention counter-offensive actions in one tempo distance

Foil	Sabre	Epee
Counter-attack: Simple stop-thrust to the body followed by parry	Counter-attack: Simple stop-cut to deep target followed by parry	Counter-attack: Simple stop-thrust to the body
		Counter-attack: Simple stop-thrust to advanced target (arm) – above, below, inside, outside
		Counter-attack: Simple remise as a counter-attack action



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5. The Coach-in-Training will learn to explain and demonstrate tactical components

Differentiate between attack and a counter-attack
Differentiate between a parry and a beat
Differentiate between 1 tempo and 2 tempo distance
The context for making an offensive action vs a defensive action

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 will 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.